A KILLER OFFER FROM FIDO

See details in store

$17.50 per month
Plus other fees
With 3-year Fido® Agreement

fido
Always by your side

ACCESS LEGAL RESEARCH INC.

• CRIMINAL PARDONS/ U.S. WAIVER
• NO FAULT DIVORCE
• SMALL CLAIMS COURT UP TO $25,000

OPEN SATURDAY BY APPOINTMENT
CALL 228-2469

The world's largest global newspaper

metro

CALGARY • WEDNESDAY, SEP … metronews.ca

Celebrity pg 22

Rénee reveals breast cancer scare

Mayor hopeful more cash coming to fight crime

FUNDING There was a glimmer of hope in Calgary mayor Dave Bronconnier's eyes yesterday, as more cash for city police may be heading down the pipe.

The province's solicitor general, Fred Lindsay, said he supports beefing up police ranks in Alberta after meetings with both Calgary and Edmonton police chiefs, but added he would have to take it up with Premier Ed Stelmach.

"We're hopeful the premier and the cabinet will see the wisdom in investing back into public safety," Bronconnier said. "The need to deal with gang activity and violent crimes in Alberta has never been greater." METRO CALGARY

ShareYourViews
calgaryletters@metronews.ca

Election 2008 pg 6

- Mayors lobby for cities
- Heard on the Street
- People don't care about arts funding: Harper

Travel pg 15

Consider Cambodia

ROBIN KUNISKI/FOR METRO CALGARY

A Calgary Police bomb disposal unit officer suits up to defuse what turned out to be a hoax bomb downtown yesterday. A suspicious package was reportedly attached to an outside pillar.

Core bomb scare

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A building was evacuated and cordoned-off streets snarled traffic in Calgary's downtown yesterday afternoon after a suspicious package was reported.

Police blocked off 4th Avenue between 3rd and 5th Street SW, as well as 4th Street between 3rd and 5th Avenue, while they evacuated the Suncor building.

The tactical bomb squad removed the package attached to an outside pillar and transported it to a safe place to examine it.

Duty Insp. Vic Trickett said while police are unsure of what the suspicious package was, he believes it was placed there deliberately.

"It would have had to have been put there, it was obviously placed with intention," he said, adding someone reported it to police.

People lined nearby streets, many enjoying the afternoon break while chatting amongst themselves,

"They won't let us back into our building. They just said there is a suspicious package."
Serena Savard

but others were pacing nervously with a telephone glued to their ear.

"My kids are at home, I need to get over there," one woman was overheard telling police. She pointed to the London House apartments before frantically running towards the building.

But most were relaxed while watching the frenzy of firefighters, police and EMS at work.

"They won't let us back into our building. They just said there is a suspicious package." Serena Savard said.

Traffic was chaotic and backed up for several hours due to the bomb scare.

After further investigation, police confirmed the package was a hoax, with no explosive capability.

No espionage in candidate laptop theft

NEIL MACKINNON
neil.mackinnon@metronews.ca

Her first thought was that she might be the victim of political espionage — a Calgary version of Watergate.

Instead, Heesung Kim was just the victim of a cat burglar who climbed up on a pail, peeled away the screen, jimmied open the alleyway window of her Calgary Centre Liberal campaign office at 1801 1 St. SE, and made off with two laptops.

"There isn't much to be worried about in this riding, so after I thought about it for a second, I quickly ruled out political interference," said Kim. "And police said it's not that uncommon for people to break in and just steal laptops, so I'm pretty sure it was just a crime of opportunity."

The laptops, one of them fingerprint-protected, were being used for Kim's campaign. They didn't contain any voter information, which is regularly uploaded to a server in Ottawa and is password protected. She also has backup copies of all the literature and graphic designs her team was working on.

Election 2008

CALGARY JOB AND EDUCATION FAIR

Wednesday, October 1, 2008 · 12:00 – 6:00 pm

Calgary Stampede, Big Four Building – Hall A
1801 Big Four Trail S.E., Calgary, Alberta T2G 2W1

REGISTER TO ATTEND www.nasinstitute.com

ONSITE INTERVIEW!
Bring Resumes & Business Attire

Exhibiting Organizations Include Academy of Learning, Bell Distribution Inc., Canadian College of Massage & Hydrotherapy, Canadian Forces Recruiting, Concordia University College of Alberta, Easyhome, Heritage Education Funds, Immigrant Access Fund, IMV Projects, Investors Group, Schlumberger Canada, Securit , Star Choice, Sun Life Financial, University of Lethbridge, Winwood Construction, Xerox Canada, The Source by Circuit City and many more recruiters!

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

RBC Royal Bank®

High interest[1] rate

› Go for savings

Earn high daily interest when you open an RBC High Interest eSavings® account.

- › No monthly fee[2]
- › No minimum balance
- › Instant online transfers between your RBC Royal Bank® accounts[3]

You could WIN[†] up to $25,000

Visit rbcroyalbank.com/savenow or call 1-866-719-2878

CREATE A BANKING EXPERIENCE THAT'S RIGHT FOR YOU.

[1] The interest rate is an annual interest rate. It is a simple interest calculation. Interest is calculated daily on the closing credit balance and paid monthly. Rate is subject to change at any time without notice. [2] Fees may apply in other bank accounts to and from which you transfer funds. [3] Includes RBC Royal Bank accounts in your name only (sole ownership) and those that you share with others (joint ownership). [†] No purchase/deposit necessary. Contest open to residents of Canada who have reached the age of majority in their province or territory of residence. Contest closes 11:59:59 p.m. (ET) December 31, 2008. Two (2) Grand Prizes available to be won, each consisting of the cash equivalent to the dollar amount of the balance in the Grand Prize winner's RBC High Interest eSavings® and/or RBC US High Interest eSavings™ account (as of December 31, 2008 at 11:59:59 PM ET) up to a maximum of $25,000.00 CDN and a one-on-one consultation with one of the RBC® Financial Planning sales force members (no retail value). Odds of winning depend on the number of eligible entries/ballots received. Correct answer to skill-testing question required. Visit www.rbcroyalbank.com/savenow for complete contest details and eligibility. ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Association sets up fund for blinded student
A fund has been set up by the Brazilian Community Association of Alberta to aid in the recovery of Jose Neto, the exchange student who was blinded by stray gunfire in Chinatown last Tuesday. Donations can be made at HSBC branches under the account number 029-547423-080. METRO NEWS SERVICES

Local

Volunteers wanted
Child and Youth Friendly Calgary is calling on students between the ages of 12 and 18 to get involved and make a difference by volunteering. For more information please visit the group's website at www.cyfc.ca. METRO NEWS SERVICES

Insect-eating dino species discovered

SCIENCE Stumbling through a drawer of Albertasaurus fossils, University of Calgary researcher Nick Longrich made a discovery that may provide more evidence of insect-eating dinos. The 70-million year-old bird-like creature, dubbed Albertonykus borealis, was about the size of a chicken and had massively constructed, but small forelimbs with claws. Researchers also uncovered wood with galleries they believe to have been made by termites or beetles. KRISTA SYLVESTER / METRO CALGARY

metronews.ca
What's online today.

Watch a Calgary political commentator explain why the Canadian election is having trouble fighting for attention against the sexier headlines coming from the U.S. at www.metronews.ca/local.

Sports **Wheels of steel**

ROBIN KUNISKI / METRO CALGARY

Arif "Arf" Maherali, 27, gets in a few final rides at Shaw Millenium Park before the weather turns too cold.

Bigamy charges laid

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A man accused of stealing another man's identity to get a job and evade child support payments is also facing bigamy charges.

Calgary police were tipped off about the suspect when Quebec officials contacted them in June about the alleged bigamist.

Police say the suspect allegedly used the ID and social security number of another man to pass clearance for a job and evade payments for his children.

"This is a really bizarre case, to say the least, but interesting. It's unique in the fact that he obtained a job with false documents," said acting Staff Sgt. Shawn Goertzen.

The suspect was legally married in Montréal in 2003, but obtained an affidavit in Calgary swearing he had never been married before marrying his new wife.

"I can only speculate she was very surprised and shocked to learn he was married," Goertzen said.

Police are searching for Kombe Kalala, the man they say was "victimized" when his identity was used by the suspect.

Dibua Mokendi Dieudonne Kabengele, 54, has been charged with perjury, bigamy and uttering forged documents.

KRISTA SYLVESTER / METRO CALGARY

Acting Sgt. Shawn Goertzen of the fraud unit holds false documents used by a suspected bigamist

Your First Step toward a Rewarding Career

Paralegal Diploma
- According to ALIS, the average annual salary for Paralegals in **Alberta is $42,500**
- Learn about the Canadian court system, legal rights, practices and procedures
- Study criminal law, family law, civil litigation, torts, wills and estates

Also Available:
Accounting & Payroll Assistant
Oil & Gas Administrative Assistant
Business Admin Management
Medical Office Assistant
Business Admin / E-Commerce Mgt

✓ *Practicum placements for all programs* ✓ *Supportive learning environment*

REEVES COLLEGE
www.reevescollege.ca
DOWNTOWN 403-290-1511
CALGARY NORTH 403-769-1556
Call for a FREE information session!

Advertising firm under investigation

Calgary-based ad firm Highwood Communications is under investigation by Alberta's auditor general for millions of dollars in unpaid bills. Highwood has been placing Alberta Tory ads for more than a decade. METRO CALGARY

Riding: Calgary East

Election 2008

Nearly one-quarter of Calgary East residents are immigrants, an equal number list a language other than English or French as their mother tongue, and the riding has the city's lowest household income average at $70,783. Only five times has the riding been out of Conservative hands, and two of those times were under the incumbent as Reform and Canadian Alliance.

Bernie Kennedy
Liberal
AGE: 49
PARTY: Liberal
POSITION: Management consulting firm owner
"I can deal with people who have millions of dollars or two cents to their name just as equally, and no one will tell me to keep my mouth shut. For me, the party comes second behind the residents of our riding."

Nathan Coates
Green Party
AGE: 27
PARTY: Green
POSITION: Heavy duty mechanic
"The way things have been going might have worked in the past, but they certainly aren't going to work in the future. We need some very drastic policy changes, specifically surrounding the environment."

Deepak Obhrai
Conservative
AGE: 58
PARTY: Conservative
INCUMBENT: Since 1997
POSITION: House of Commons MP
"I stand on my record. I don't take anything for granted, and I've been very fortunate to have been able to represent my constituents for 10 years and hope they send me with their concerns back to Ottawa."

PHOTO NOT AVAILABLE

Ian Vaughan
NDP
AGE: 25
PARTY: New Democratic
POSITION: Youth worker
"Our party is providing real answers to working middle-class values and in our area, we're well suited for anyone looking for a different choice."

Jason Devine
AGE: 28
PARTY: Communist
POSITION: Student
"We don't stand a chance, but we can appeal to people who want real change — not just a change of personal or a change of emphasis, but real, fundamental change."

City's Got Talent **Croon and swoon**

ROBIN KUNISKI/FOR METRO CALGARY

City of Calgary employees showcased their various talents yesterday crooning for lunchtime folk outside the city hall. The serenading, dancing and magic performed by city employees from various departments was all for the first annual City's Got Talent event, which is designed to launch the city's United Way campaign, according to event organizer Fran Dunn. The city is hoping to raise both money and awareness for the organization.

Inflationary pressures sign of the times in Calgary

KRISTA SYLVESTER
krista.sylvester@metronews.ca

If Calgarians are feeling a little tighter pinch on their pocketbooks — it's probably the squeeze of inflation, according to a Statistics Canada report.

The report, released yesterday, indicates that Alberta's inflation was four per cent, compared with prices from August 2007. The national rate increased 3.5 per cent.

A University of Calgary economist calls the inflationary jump a "spike," and he said there is no cause for concern.

"It's a one shot wonder… it's not a big deal, really. If it stayed that way for three months then maybe it would look like a trend, but I expect it will go down," Frank Atkins explained.

Most Calgarians seem to be used to the prices they have been paying for gas and groceries. Gas prices have been on an upwards trend since last year as well.

But Starrlyn Muscoby said gas prices are just part of life.

"I'm not that surprised at the inflation numbers. Many people come to the city for jobs, and we have a low jobless rate. It makes sense, it's part of supply and demand," she said.

News in brief

THUMBS UP The Calgary Zoo received a five-year accreditation from the Association of Zoos and Aquariums, confirming they are one of North America's leading zoos. Only five institutions in Canada have the honour, which is given to those that meet or exceed the highest industry standards.

ELEVATOR A Calgary man is recovering in hospital after falling down an elevator shaft in the city's northeast yesterday. The man, in his late 20s, was working on the second floor when he fell down the shaft in the 300 block of Manning Road NE and suffered arm and hip injuries.

METRO CALGARY

Take the
14-day Challenge

Activia® with its unique probiotic culture B. L. Regularis™ contributes to improve your digestive comfort.*

SATISFACTION OR MONEY BACK

*As part of a balanced diet and a healthy lifestyle.

Red tape may hinder AIDS aid
Apotex's first shipment of anti-AIDS medication leaves today for Rwanda, but the Canadian drug maker says next year's shipment may be its last because of the amount of red tape involved with Canada's Access to Medicines Regime law. **TORSTAR NEWS SERVICE**

Canada

World's first Everest jump

At least 34 skydivers from 14 countries, including Canada, will attempt the first parachute jumps over Mount Everest next week, organizers said yesterday. The skydivers plan to jump from an aircraft flying 465 feet above the Everest summit on Oct. 2. Each participant will wear an oxygen mask and carry a larger than normal parachute to help a fast descent through the thin air of the world's highest drop zone. REUTERS

New hurdles for immigrants?

Only 38 jobs qualify under Tory proposal

The federal Conservatives plan to limit acceptance of skilled workers applying to come to Canada to only 38 occupations, a move that will not serve provincial labour needs, says Ontario immigration minister Michael Chan.

The proposed changes, he said, were discussed at a meeting between Immigration Minister Diane Finley and her provincial counterparts in Ottawa earlier this month. Now provinces are concerned they will have to expand their own immigration programs, Chan said.

Those applicants whose occupations are not on the list, he said, would have to apply through provincial "nominee" programs — a move that, in effect, downloads a large part of the immigration burden on to provincial governments.

"The (federal) plan would require economic-class immigrants to clear two hurdles," Chan told a news conference in Toronto yesterday.

One is a new occupational test. The other is the points system which is already in place.

TORSTAR NEWS SERVICE

numbers

- Last year, 131,200 newcomers arrived under Immigration Canada's economic class category.

Quebec **A flavour of New France**

ETIENNE RANGER/FOR METRO CANADA

Four centuries of Canadian history since the 1608 founding of Quebec City will be the theme of the Canadian Museum of Civilization's 2008 History Costume Ball in Gatineau, Que., on Oct. 15, organizers announced yesterday. Re-enactors Pamela Bowles, front, Mark Delorme and Gisèle Marchand displayed the New France flavour of this year's gala fundraiser for the museum.

News in brief

EDUCATION Ontario's Lakehead University announced yesterday that students who enter the school with a 95 per cent average or higher will get free tuition.

WINNIPEG A man who died in the waiting area of a Winnipeg hospital's emergency department may have been dead for some time before staff was alerted — 34 hours after he arrived, CBC News Online reports. **METRO NEWS SERVICES**

4 provinces, 7 states enter climate deal

CARBON TRADING Seven Western U.S. states and four Canadian provinces yesterday proposed a carbon trading program plan designed to reduce global warming pollution by 15 per cent from 2005 levels by 2020.

Now each state and province is to make laws and rules that fit the plan outlined by the Western Climate Initiative (WCI). The goal is to establish in 2012 the biggest carbon market in the Western Hemisphere over a region that includes about 85 million people.

REUTERS

provinces

- B.C.
- Manitoba
- Ontario
- Quebec

Mmmmmm ... yogurt

Liberal Leader Stéphane Dion is using some humour to swipe at Stephen Harper's cuts to arts and culture. "A box of yogurt has more culture than this Conservative government," Dion told students gathered at the University of British Columbia yesterday. TORSTAR NEWS SERVICE

Election 2008

Cities

Mayors call for long-term vision

NEEDS Big-city mayors — including Montreal Mayor Gérald Tremblay — came together yesterday to demand federal party leaders pay attention to the needs of cities.

"For once we're speaking (with) one voice and if we're speaking (with) one voice, can we hear from the five leaders?" an impassioned Tremblay told a news conference at Montreal City Hall.

"Do they believe in the future of cities? Do they want us to share a long-term vision of the future of Canada?"

TORSTAR NEWS SERVICE

'Rich' artists whiners: PM

Conservative Prime Minister Stephen Harper has sparked a culture war with claims "ordinary people" don't care about arts funding.

Under fire for his government's $45 million in cuts to arts and cultural funding, Harper yesterday said average Canadians have no sympathy for "rich" artists who gather at galas to whine about their grants.

"I think when ordinary working people come home, turn on the TV and see a gala of a bunch of people at, you know, a rich gala all subsidized by taxpayers claiming their subsidies aren't high enough when they know those subsidies have actually gone up — I'm not sure that's something that resonates with ordinary people," Harper said at a campaign event in Saskatoon.

CHRIS WATTIE/REUTERS

Prime Minister Stephen Harper greets supporters outside his hotel yesterday in Saskatoon.

OnlineVideos metronews.ca

Liberal Leader Stéphane Dion and NDP Leader Jack Layton accused their Tory rival of having contempt for the arts.

Dion said the Conservatives "ideologically attack" the arts, while Layton predicted Harper would sell off the CBC and undermine Canadian culture if he wins a majority government Oct. 14.

But Harper shrugged off his opponents as elitists preoccupied by "a niche issue." TORSTAR NEWS SERVICE

News in brief

COALITION Stéphane Dion has rejected any suggestion of forming a coalition with the NDP after the next election. "Mr. Layton already has his coalition, I understand. He has a coalition with the nudist party, a coalition with the marijuana party," Dion said in Burnaby, B.C.

PROMISES A Liberal government would be hard-pressed to quickly implement its big-ticket campaign promises because Conservatives have spent like "drunken sailors," leaving little left in the federal coffers, says Liberal John McCallum, a former cabinet minister and bank economist.

TORSTAR NEWS SERVICE

20 days remain until the 2008 Canadian federal election

Heard on the Street: Does the physical appearance of a politician influence your vote?

From Metro newsrooms across Canada

Ryan Kusz, age 19, Calgary
A: I don't pay much attention. I'd probably vote the way my dad told me to, but image, it ain't much to me.

Jess Rodgers, age 20, Calgary
A: People are so caught up in looks and maybe if people were more accepting, we'd live in a better world.

Jesse Hahn, age 24, Edmonton
A: That's poly-sci 101. It's all about charisma, which is something the public bestows on their leader.

Sylvia Hoang, age 22, Edmonton
A: To some extent, yes, but I know it's wrong. If all the political candidates don't share my opinion then that's how I would probably vote.

Andrea Cameron, age 19, Halifax
A: I don't think it matters what they look like, so long as they do what they say they will.

Robert Berg, age 27, Ottawa
A: Yes. If the appearance of a person is not good, I think the person is not taking good care of himself. Someone who looks good takes care of himself and it means they can take care of others better.

Mary O'Sullivan, age 18, Montreal
A: No. The way a politician will act as a prime minister depends from his beliefs and ideas. To judge a candidate on how he looks is the same thing as judging him on race or religious beliefs.

Shoilee Khan, age 24, Toronto
A: No, it does not ... When it comes down to it, if someone is standing for something that I believe in and I don't much like the way they look, I'll still vote for them.

Leanne Holowach, age 23, Vancouver
A: Definitely. If a politician looks like a crackhead, I won't vote for him. Image is everything in the world we live in.

Earn up to $31.45/hr as a Professional Home Stager.
Enroll now at the Haverhill Institute of Staging and begin an exciting career as a Professional Home Stager.
Haverhill's employer assisted job training program guarantees you full or part-time employment as a Professional Home Stager following graduation.
Starting wage $31.45/hr. Health benefits after 6 months.
Get started today! Call now for more Details:
1.866.927.7782 or visit haverhillstaging.com
* health benefits to full-time employees. Fully Refundable Course Fee Applies.
HAVERHILL HOME STAGING
THE HAVERHILL INSTITUTE OF STAGING & DESIGN

*“I stopped **hoovering** those high-fat fees. **Hoorah!**”*

Koodo Mobile

- No Fixed-Term Contract
- All Plans Include Text
- Monthly Plans from $15
- Per-Second Billing
- Great Long Distance Rates

koodomobile.com

You pay no System Access Fee.

Koodo mobile™

Good call

BEST BUY · FUTURE SHOP · LONDON DRUGS · WAL★MART · Zellers

© 2008 Koodo Mobile.

Big Bang collider to restart in spring
The huge particle collider built to simulate the conditions of the Big Bang will not restart until spring 2009 after a weekend technical glitch, the European Organization for Nuclear Research said yesterday. REUTERS

World

20 years for MP3 killing

A Belgian court yesterday jailed a Polish man for 20 years for fatally stabbing a teenager who refused to hand over an MP3 player during a robbery, ending a trial which gripped the country. Rather than finding Adam Giza guilty of murder, the jury opted for the lesser charge of "violent theft leading to death." REUTERS

Sudan says it has located hostages

KIDNAPPING Sudanese authorities have located a group of kidnappers and the 19 hostages they seized in Egypt last week but have no plans for a rescue attempt that could endanger them, a Sudanese official said yesterday.

Masked kidnappers snatched the hostages from a desert safari near Egypt's southern border with Sudan and Libya on Friday. REUTERS

News in brief

STUDY The rate of HIV infection among people who inject themselves with drugs appears to be rising, according to a study published today. An estimated 3 million self-injecting drug users worldwide may be HIV-positive, said the analysis of peer-reviewed studies and data from UN agencies and international experts. REUTERS

Gunman left trail of hate

11 dead in school rampage

Student gunman Matti Saari, who killed 10 people at a Finnish school yesterday before shooting himself, left a trail of Internet postings about hatred and revenge.

Matti Saari

But according to a former classmate, the 22-year-old travel and restaurant trade student from the western Finnish town of Kauhajoki bore no resemblance to the loner profile of many mass murderers.

"He was happy, a social guy — there was nothing exceptional — he got along with people well and he was not lonely. He had friends," said Susanna Keronen, trying to fathom what might have led him to take such drastic action.

In his profile on the irc-gallery social networking site, Saari, who lived alone with his cat, billed himself as a committed misanthrope.

Other entries touted war and revenge.

Police, alerted to video footage posted on the Internet showing Saari firing a gun, questioned him only the day before the rampage, Interior Minister Anne Holmlund said.

She gave no details of the interview, but said police did not ask him to surrender the gun because they decided he had made no specific threats. REUTERS

LOTTA IMBERG/METRO WORLD NEWS

A group of teenaged girls place candles near the Kauhajoki vocational school yesterday, hours after a lone gunman entered the facility and killed 10 students, then himself.

China vows milk export crackdown

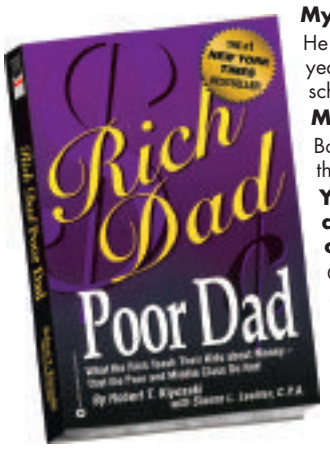
CRISIS China vowed to stop toxic milk from reaching processors and export markets after tainted infant powder made more than 54,000 children sick in a scandal that has mired the nation's trade reputation in a fresh crisis.

Milk powder laced with melamine has led to nearly 13,000 Chinese infants being admitted to hospital, 104 in serious condition with kidney stones and agonizing complications. Four have died in past months. REUTERS

Facts

- Two more children in Hong Kong were found to be sick after consuming toxic Chinese milk powder, bringing the total there to four.

Learn What the Rich Already Know About Money at Our
FREE LOCAL EVENT
RICH DAD POOR DAD



My Poor Dad was educated and intelligent.
He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.

My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.
One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.
My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking – and use it to create true long-term wealth.

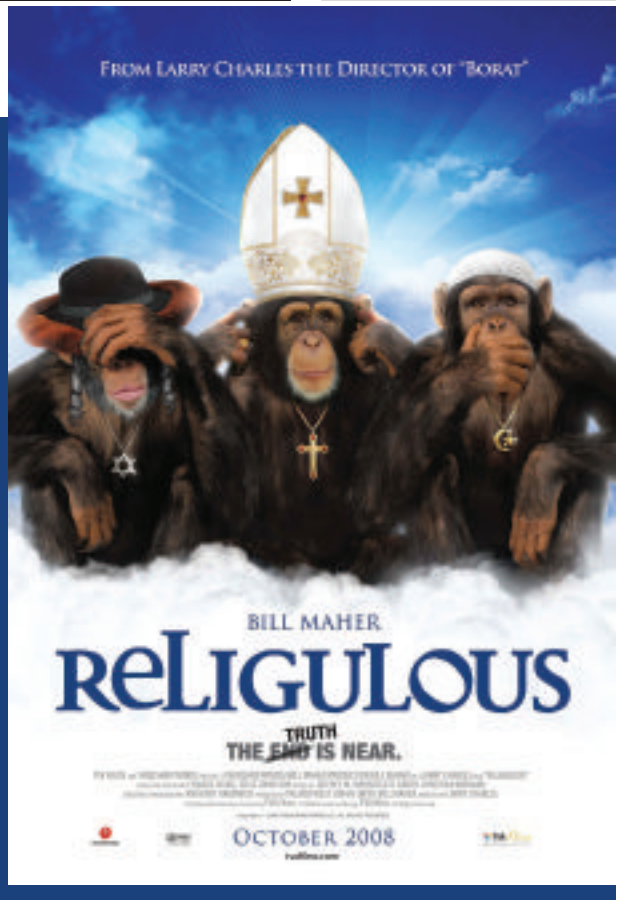
FREE *Learn To Be Rich*™ Workshop
Based on the Book & Teachings of World Famous Author Robert Kiyosaki

COMING TO CALGARY ON SEPTEMBER 25 OR 26
CALL NOW TO REGISTER 1-800-314-9693
Receive a FREE CD-ROM! *"RICH DAD'S® BUDGETING YOUR MONEY" An excerpt from Robert's new best seller, Rich Dad's Increase your Financial IQ.*
It's YOURS FREE at the workshop!
Robert Kiyosaki does not participate in this event.

RICH DAD'S EDUCATION

The Rich Dad's® word mark and logos are owned by CASHFLOW Technologies, Inc. and any use of such marks by Rich Dad Education Ltd is under license. Additional products and services will be offered for sale. © 2008 Rich Dad Education Ltd. All rights reserved. RDE0236 v2 7-08

YOU COULD
WIN
A DOUBLE PASS TO SEE THE ADVANCE SCREENING of RELIGULOUS!



VISIT METRONEWS.CA
AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes September 26, 2008. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro
Do it daily.

Be patient, South Korea says
The international community should stay patient and avoid overreacting to threats by North Korea to restart the nuclear reactor that has fuelled its weapons program, South Korea's prime minister said yesterday. REUTERS

Iran will resist U.S. 'bullying'

Ahmadinejad rails against Zionists, Israel decries anti-Semitic remarks

Iranian President Mahmoud Ahmadinejad railed against "Zionist murderers" in a speech to the United Nations yesterday and vowed to resist American bullying and defend Iran's right to nuclear power.

After a long discourse on God, justice and morality, Ahmadinejad said a small number of "deceitful" Zionists were manipulating Americans and Europeans.

Ahmadinejad, who has said in the past Israel should be wiped off the map, said there was growing resistance in the world to the aggression of "bullying powers," a phrase he used repeatedly to refer to the United States and its allies.

"The Zionist regime is on a definite slope to collapse, and there is no way for it to get out of the cesspool created by itself and its supporters," he said, referring to Israel.

LUCAS JACKSON/REUTERS
Iran's President Mahmoud Ahmadinejad addresses the 63rd United Nations General Assembly.

"American empire in the world is reaching the end of its road, and its next rulers must limit their interference to their own borders," Ahmadinejad said.

He dwelled on what he described as Zionist control over international "financial and monetary centres."

The comments were swiftly denounced as anti-Semitic by the Anti-Defamation League, the Simon Wiesenthal Center and U.S. Democratic presidential candidate Barack Obama, among others.

"Today, the Zionist regime is on a definite slope to collapse."
Mahmoud Ahmadinejad

Israeli President Shimon Peres said the comments echoed an anti-Semitic tract — now considered fraudulent — that was published in the early 1900s and described a Jewish and Masonic plot to take over the world.

"This is the first time in the history of the United Nations that the head of a state is appearing openly and publicly with the ugly and dark accusations of the 'Protocols of the Elders of Zion,'" Peres told reporters. REUTERS

Russia denies law aimed at land seize

ARCTIC Russia said yesterday it had no intention of unilaterally redrawing its borders in the Arctic to give it a larger chunk of the region's mineral wealth.

Russia has lodged a claim to expand the territory it controls in the Arctic, irritating other states with Arctic coastlines, including the United States, which are also keen to tap the region's resources.

Russian President Dmitry Medvedev last week ordered his officials to draft a law setting out Russia's Arctic borders. Canada said afterward that it was concerned the Kremlin might be preparing to take unilateral action. In a statement, Russia's Foreign Ministry said the law would apply only to administrative borders inside Russia. REUTERS

News in brief

DISASTER China evacuated nearly 30,000 people as a powerful typhoon plowed into the southern coast today, skirting Hong Kong, which was hit by torrential rains and floods in low lying areas.
China's Meteorological Administration issued an "urgent red alert," its highest-level warning, as typhoon Hagupit made landfall at 6: 45 a.m. local time.

REPORT Corruption in Russia is at its worst in eight years, the watchdog Transparency International said yesterday, providing another concern for investors a week after Russian markets suffered their biggest losses in a decade.
The annual survey by the Berlin-based watchdog put Russia in joint 147th position with Bangladesh, Kenya and Syria. REUTERS

MEN come experience 4-part Acapella Harmony Barbershop style

WHERE:
Scarboro United Church
134 Scarboro Ave SW, Calgary

WHEN:
Wednesday, September 24th, 7:15 pm

For more information
www.stampedecitychorus.com
or call David 403.547.4508

SERVICE DIRECTORY
TO ADVERTISE CALL ADAM SEELY
403.539.4949

PSYCHIC
Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results in 24 Hrs
• Palm
• Tarot
• Crystal Ball
• Energy Readings
Come in today for a better tomorrow
PH: (403) 228-2258
By Appointment Only
Solve all Problems of Life

FINANCIAL
Checks and Balances Bookkeeping
IT'S TAX TIME AGAIN $35
Personal, Business & Corporate Returns
CALL 403.273.7112
(FREE Pickup)
info@checksandbalancesbookkeeping.ca

BUSINESS
CRIME SCENE CLEANUP
Fast paced/Fun/Profitable
Alberta license now available
$69,000 paid in 4 installments over one year
Serious inquiries with cash
403.397.9381
www.freewebs.com/crimescenecleanup

LEGAL
Canadian Legal Resources Centre Inc.
403-229-2774 • www.canadianlegal.org
UNCONTESTED DIVORCE
Legal Separation Agreements
Spousal Land Transfers
CRIMINAL RECORD?
Canadian Pardons • US Travel Waivers
Fingerprinting
21+ years experience.
Voted #1 Paralegal. Why pay more?
Open Monday to Saturday.

LEGAL
GRACE PARDON SERVICES INC.
U.S. WAIVERS OR CANADIAN PARDONS
Finally Experience the Freedom to do more
We Give You The Peace of Mind You Deserve, Reliable and Guaranteed
CALL 1-866-603-9005 | www.gracepardon.com

OPTICAL
GOLDEN OPTICAL
PROFESSIONAL SERVICES • 1 HOUR SERVICE AVAILABLE
SALE
UP TO 50% OFF
Designer Frames
GOLDEN OPTICAL
Dragon City Mall
#115, 328 Centre St. S.
Calgary 262-8123
GOLDEN OPHTHALMIC
Harvest Hills Crossing
1117, 9650 Harvest Hills Blvd. NE
Calgary 263-6123

AUTOMOTIVE
Quality Transmission
Specializing in:
Front Wheel Drive, Rear Wheel Drive, Over Drive,
Electronic Transmission & Clutches and Transfer Cases
www.qualitytransmission.com
5100 Huballa Rd S.E.
Calgary, Alberta T2B 2P1
Paul (403) 228-0000

Join Metro's 1.1 million daily readers.
Read Metro and metronews.ca daily!
metronews.ca
metro
Do it daily.
SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday;
BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

Dell to open retail stores in emerging markets
Dell recently switched from a pure online sales model to build an expanding network of retail stores, allowing even customers without Internet access, in emerging markets such as India, to buy their first computer. **REUTERS**

Business

DOLLAR
0.27¢ | C$ $96.50 US | US$ $1.0363

OIL
$106.61 US | $2.76

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

METRO Calgary

3030 – 3 Avenue NE, Suite 120
Calgary, AB T2A 6T7
Tel: 403-444-0136
Fax: 403-539-4940

Advertising:
adinfocalgary@metronews.ca
Distribution inquiries:
calgary_distribution@metronews.ca

metro_inquiries@metronews.ca
calgaryletters@metronews.ca

Local:
Publisher, Steve Shrout
Managing Editor, Darren Krause
darren.krause@metronews.ca
Marketing Manager, Blaine Schlechter
Distribution Manager, Dave Mak
National:
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive Director, Jodi Brown

Calgary's #1 read FREE DAILY newspaper. Source: NADbank 2007/08; base: Calgary CMA

Please recycle

metro Do it daily.

Metro is the world's largest newspaper, with more than 23.1 million daily readers in 100 major cities in 23 countries. metronews.ca

Bank CEO pay falls with company fortunes

The global financial crisis has taken a big bite out of Wall Street pay packets, with top bankers losing hundreds of millions of dollars as stock prices collapse.

The chief executives of Wall Street's biggest banks get the lion's share of their pay in stock and stock options. So when the banks' share prices take a dive, so too do their fortunes.

Share-holders want to ensure executives run the company well, said David Wyss, chief economist at Standard & Poor's. "The easiest way to do that is to make sure his pay rises and falls depending on the success or failure of the company. And here we see what happens when the company fails," he said.

"The easiest way to (ensure a CEO works hard) is to make sure his pay rises and falls depending on the success or failure of the company." David Wyss, S&P economist

Dick Fuld, CEO of now-bankrupt Lehman Brothers, watched more than US$740 million drain out of his personal fortune as the Lehman share price plunged from a 52-week high of US$67.35 to almost nothing.

Lloyd Blankfein, CEO of Goldman Sachs, lost nearly half a billion US from his bank account as the firm felt the crisis' effects.

Merrill Lynch CEO John Thain saw his holdings lose more than US$51 million, while Morgan Stanley's John Mack said goodbye to more than US$123 million in value on paper.

JAMES DORAN/METRO WORLD NEWS

Accountability needed for economic mess: UN leaders

CRISIS U.S. President George W. Bush and other world leaders scrambled yesterday to contain the fallout from a financial crisis engulfing Wall Street and spreading globally.

In his farewell speech to the United Nations, Bush offered assurances of his commitment to stabilizing world markets, which are overshadowing international concerns about standoffs with Russia, Iran and North Korea.

"May those who are responsible be punished." Nicolas Sarkozy

But he also faced criticism at the annual General Assembly gathering of world leaders over the excesses of global capitalism Washington has long pushed as the path to economic prosperity. "Who is responsible for this disaster? May those who are responsible be punished and held accountable," said French President Nicolas Sarkozy. He called for a summit of world leaders in November to examine ways to overhaul what he said was a "crazy" financial setup at the root of the problem. **REUTERS**

In brief

CRITICISM Former Canadian Auto Worker leader Buzz Hargrove says Canada is putting its eggs in one basket by relying too heavily on resource industries and ignoring the manufacturing sector.

INCOME TRUSTS CI Financial said the Liberal Party was "terrible" for creating more market uncertainty when it promised to tax income trusts. **METRO NEWS SERVICE**

Google Android debut

METRO WORLD NEWS

The T-Mobile G1 phone running Google Inc.'s Android operating system is displayed in New York yesterday. The company hopes Android, available Oct. 22 in the U.S. for $179 with a two-year contract, will compete with Apple's iPhone for mobile Web surfing consumers.

Canadian bankers predict lending slowdown

CRISIS Canadians could feel the global financial crisis hit their wallets as bank executives predicted a slowdown in consumer lending. At an investor conference in Montreal, bank executives moderated expectations for loan growth in 2009 and beyond as economic headwinds hamper retail revenues.

CIBC's CEO Gerry McCaughey said he expected slowing loan growth, such as mortgage and suggested that banks could also clamp down on unsecured lending.

TORSTAR NEWS SERVICE

Get good hair at:

Central

Salon Escape	1220 - 8 St SW
Metro Hair	400 – 5 Ave SW
Xpose Hair	738 - 3 Ave SW

South West

Colors Calgary	1800 - 4 St SW
The Attic	2103 - 4 St SW
Lava Hair	2028 - 33 Ave SW
Elaments	3409 – 20 St SW
Bloom Hair	4816 - 16 St SW
Hair Peace	1904 – 31 St SW
David of Paris	Westbrook Mall
La Chic	2335 – 162 Ave SW
Pixie Chix	643 Shawinigan Dr SW
Chatters	Chinook Centre

South East

Alanti Hair Group	437 Avenida Village
Pro Systems	Southcentre Mall
Salon 240	240 Midpark Way SE
Tangles Hair	43 Sunmills Drive SE
Edgeworxx Studio	20 Douglas Woods Dr SE
Shear Dazzle	Shawnessy Village

North West

Velvet Style	317 - 19 St NW
Curious Hair	North Hill Shpg Centre
Hairloom 85	2824 Morley Tr NW
Madison Ave Hair	Dalhousie Co-op Centre
Shear Image	45 Edenwold Dr NW
Chatters	Market Mall

North East

Studio 2000	Marlborough Mall
Hair Movement	4801 26 Avenue NE
Just Your Style	Deerfoot Mall
Chatters	Sunridge Mall

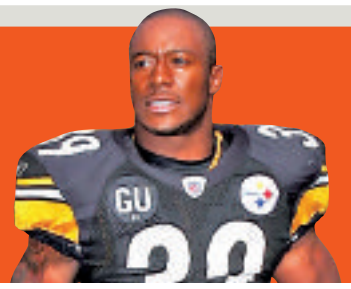
For more salons call:
(800) 463-3081

Schwarzkopf PROFESSIONAL

OSiS+ the art of contradiction.

Coyotes add Muckler to front office
The Phoenix Coyotes have hired former Ottawa Senators GM John Muckler as senior advisor to the general manager. A five-time Stanley Cup winner, Muckler has more than 50 years of professional hockey experience. METRO NEWS SERVICES

Sports



Parker out at least one game

The Pittsburgh Steelers will be without Pro Bowl running back Willie Parker, left, when they battle division rival Baltimore Monday night. The club announced yestesrday that Parker will miss the contest against the Ravens with a sprained left knee he suffered in Sunday's 15-6 loss to the Philadelphia Eagles. Parker has rushed for 263 yards on 66 carries with three touchdowns this season for Pittsburgh. METRO NEWS SERVICES

EDITOR: SPORTS@METRONEWS.CA

Lions ruining the York name

YorkReport

Marty York

marty.york@metronews.ca

"Marty," the e-mail started, "you might want to change your name, or start a petition for York University to change its name."

The e-mailer didn't need to elaborate. I got the point immediately. York, after all, not only happens to be my surname, but my alma mater, too. And York's football team is absolutely dreadful. After four games this season, the Lions are 0-4 and have been outscored by an aggregate total of — brace yourself — 240-17.

Derek Jeter

York's new head coach, ex-Edmonton Eskimos linebacker Mike McLean, makes no attempts to camouflage his team's deficiencies. I asked him yesterday if it is likely that York will record a winless season.

"Yes, it is," he said.

Does he see light at the end of the tunnel?

"It'll take time to get there," he said. "We inherited players who have old habits they need to break and we need to do some good recruiting (in the off-season)."

McLean, who never missed the CFL playoffs during his Eskimos career (1986 to 1992), took a winless Edmonton Huskies team before he ultimately coached it to the Canadian Junior Football League championship a few years back. He hopes to record a similar turnaround with York. In the meantime, though, York's follies are depressing him. They're not doing much for me, either.

• Yankee Stadium is history, but in his late 90s, legendary public-address announcer Bob Sheppard is not.

Sheppard's battling health issues, but he was able to participate in the stadium's closing ceremonies Sunday night by recording the Yankees' lineup from home. He plans to be announcing at the new Yankee Stadium next season, but get this:

Thanks to modern technology, Sheppard may be introducing lineups at Yankee Stadium long after we're all gone. Computer wizards are working with Sheppard this week to record his voice enough so that, down the road, they can ensure his announcements eternally at Yankee Stadium.

• Steiner Sports, which has partnered with the Yankees to sell stadium memorabilia, is offering a 30-by-18-inch piece of the centre-field scoreboard for US$699 and a 10x10-foot hunk of blue carpet from the clubhouse for $10,000. Also on the block are five glass shower-stall doors from the clubhouse for $2,000 apiece … Yankees captain Derek Jeter was spotted celebrating at a New York bar the other night with a bevy of young ladies and a few rounds of $200-a-glass Remy Martin Louis XIII … And the Tampa Bay Rays celebrated their first postseason qualification in their clubhouse last week with, believe it or not, 25 cases of beer and 212 bottles of champagne.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Mystery of Cubs

• Chicago Cubs legend Ernie Banks has a new book coming out, coinciding with his ex-team's post-season journey and he divulges in it that a voodoo priestess told him when he was a child that he'd be a famous baseball player. The book is called Hoodoo: Unraveling the 100-year Mystery of the Cubs. The Cubs hope to end their 100-year World Series drought next month with a championship.

Florida burns Flames

Third period collapse costs Calgary in exhibition

Florida 3, Calgary 2

Jay Bouwmeester lit the lamp with 3:27 remaining to lift the Florida Panthers to a 3-2 win over the Calgary Flames in preseason action from the Pengrowth Saddledome.

David Booth and Rostislav Olesz also scored for the Panthers. Craig Anderson stopped 24-of-26 shots in the win.

Dustin Boyd scored for Calgary and picked up the primary assist on Jarome Iginla's tally. Curtis McElhinney made 22 saves in defeat.

In other pre-season action last night:

Montreal 3 Buffalo 2 — The Montreal Canadiens put on a show for fans in Roberville, Que., defeating the Buffalo Sabres 3-2.

Tomas Plekanc led the Canadiens attack with two goals last night. He got the Habs going 10:21 in the first to make it 1-0 entering the first intermission.

Islanders 2 Bruins 1 — Trevor Smith tallied 2:03 into overtime as the New York Islanders topped Boston, 2-1, in pre-season action from the Moncton Coliseum. Jon Sim also hit the net for the Islanders.

Lightning 3 Rangers 2 — Martin St. Louis' tally at the 10-minute mark of the second period proved to be the game-winner, as the Tampa Bay Lightning defeated the New York Rangers, 3-2. Steven Stamkos, the No. 1 pick in the 2008 draft, scored for the revamped Lightning.

METRO NEWS SERVICES

MATHIEU BELANGER/REUTERS

Montreal Canadiens forward Andrei Kostitsyn, centre, scores a short-handed goal on Buffalo Sabres goalie Patrick Lalime, during their pre-season NHL game in Roberval, Que., last night.

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
y-Tampa Bay	93	62	.600	—
w-Boston	91	65	.583	2½
New York	85	71	.545	8½
Toronto	83	73	.532	10½
Baltimore	67	88	.432	26

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	86	69	.555	—
Minnesota	84	72	.538	2½
Cleveland	79	77	.506	7½
Detroit	71	84	.458	15
Kansas City	71	86	.452	16

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	96	59	.619	—
Texas	75	81	.481	21½
Oakland	74	81	.477	22
Seattle	57	98	.368	39

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	89	68	.567	—
w-New York	86	69	.555	2
Florida	81	75	.519	7½
Atlanta	69	88	.439	20
Washington	58	98	.372	30½

CENTRAL DIVISION

	W	L	PCT	GB
x-Chicago Cubs	94	60	.610	—
Milwaukee	85	71	.545	10
Houston	82	73	.529	12½
St. Louis	80	75	.516	14½
Cincinnati	73	83	.468	22
Pittsburgh	65	91	.417	30

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	81	75	.519	—
Arizona	78	77	.503	2½
Colorado	71	85	.455	10
San Francisco	70	86	.449	11
San Diego	61	95	.391	20

(w — teams currently holding wild-card spots; x — clinched division title; y — clinched playoff spot)

YESTERDAY'S RESULTS

AMERICAN LEAGUE

N.Y. Yankees 3 Toronto 1
Boston 5 Cleveland 4
Kansas City 5 Detroit 0
Minnesota 9 Chicago White Sox 3
Tampa Bay 5-7 Baltimore 2-5
Texas 6 Oakland 4

NATIONAL LEAGUE

Atlanta 3 Philadelphia 2
Cincinnati 2 Houston 1
Milwaukee 7 Pittsburgh 5
N.Y. Mets 6 Chicago Cubs 2
St. Louis 7 Arizona 4
Washington 9 Florida 4

TODAY'S GAMES

AMERICAN LEAGUE

Oakland at Texas, 12:05
Cleveland at Boston, 5:05
Kansas City at Detroit, 5:05
Tampa Bay at Baltimore, 5:05
N.Y. Yankees at Toronto, 5:07
Chicago W. Sox at Minnesota 6:10
L.A. Angels at Seattle, 8:10

NATIONAL LEAGUE

Atlanta at Philadelphia, 5:05
Chicago Cubs at N.Y. Mets, 5:10
Florida at Washington, 5:10
Cincinnati at Houston, 6:05
Pittsburgh at Milwaukee, 6:05
Arizona at St. Louis, 6:15
San Diego at L.A. Dodgers, 8:10
Colorado at San Francisco, 8:15

CFL

WEEK 14

FRIDAY'S GAME

Edmonton at Winnipeg, 6

SATURDAY'S GAMES

CALGARY at Toronto, 5
Hamilton at B.C., 8

SUNDAY'S GAME

Saskatchewan at Montreal, 11

NFL

WEEK 4

SUNDAY'S GAMES

Arizona at N.Y. Jets, 11
Minnesota at Tennessee, 11
Denver at Kansas City, 11
San Francisco at New Orleans, 11
Atlanta at Carolina, 11
Cleveland at Cincinnati, 11
Green Bay at Tampa Bay, 11
Houston at Jacksonville, 11
Buffalo at St. Louis, 2:05
San Diego at Oakland, 2:05
Washington at Dallas, 2:15
Philadelphia at Chicago, 6:15

MONDAY'S GAME

Baltimore at Pittsburgh, 6:30

Sports in brief

MLB Kevin Youkilis hit a two-run homer, while Jason Bay's RBI single in the fifth inning was the difference, as the Boston Red Sox clinched a postseason berth with a 5-4 win over the Cleveland Indians in the second installment of a four-game set.

MLB C Jason Kubel clubbed a pair of homers and drove in three runs to lead the Minnesota Twins to a 9-3 win over the Chicago White Sox in the opener of a critical three-game series at the Metrodome. The Twins now trail the front-running White Sox by 1 ½ games in the AL Central.

METRO NEWS SERVICES

The Bird Shop
Birds of a Feather ... Feed Together at The Best Bird Shop in Alberta!
We carry a full brand of wild bird feed & domestic feed.
Plus we carry the #1 Pellet food known as RoudyBush.
9784 - 51 AVE, EDMONTON
WE SUBSIDIZE SHIPPING!
www.birdseeds.ca | 780.466.8277

Automotive

A METRO JOINT VENTURE WITH: carguide magazine.com

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Knockout punch

Impreza adds some pizzazz to reliable ride

LORNE DRURY
for Metro Canada

Subaru has built a reputation over the years of producing safe, reliable and functional vehicles.

While far from being disasters in the styling arena, most Subarus have never had what you would call that "knockout" punch when it comes to looks. Much like the Volvos of yesteryear, Subaru became known for solid, dependable vehicles that tended to blend in with the crowd and didn't set hearts aflutter.

But that appears to be changing as a look at Subaru's 2008 Impreza lineup will attest.

I recently spent a few days with the Impreza 2.5i five-door hatchback, decked out with the fancy Sport Package, and it was impressive both from a looks and performance standpoint.

The Impreza is an all-new car for 2008 and the 2.5i Sport five-door is the best looking model in the lineup in my opinion. Subarus may be changing from a design standpoint, but they continue to offer what has made them popular in the first place, functionality and, of course, their trademark all-wheel drive feature standard on all models.

2008 Subaru Impreza

Type: Sedan
Price: $20,695-$33,895
Engine: 2.5 four-cylinder
HP: 170-226

Highlights

- All-wheel drive
- Comfortable cabin
- Roll-back prevention

On the five-door models, Subaru's new design for the Impreza features a sweeping roof line curve that flows into an aerodynamic rear spoiler. Front and centre is Subaru's new spread-wing logo design at the top of the wider grille.

Now in its third generation, the Impreza for 2008 comes in both four-door sedan (unique to the North American market) and five-door hatchback body styles with a choice of five-speed manual or four-speed automatic transmission with Sportshift. Both sedan and five-door are available with the Sport Package or turbocharged WRX option.

The basic powerplant is a 2.5-litre Boxer engine, delivering 170 hp and 170 lb/ft of torque. The WRX gets the 2.5-litre with a turbocharger and double overhead cams to produce 224 hp and 226 lb/ft of torque.

Prices start at $20,695 for the 2.5i sedan with manual transmission. The 2.5i five-door is $21,595, while the 2.5i sedan with Sport Package is $23,195 and the five-door Sport is $24,895. The WRX sedan with manual is $32,995 and the WRX five-door prices out at $33,895. Add $1,100 for the automatic transmission.

Standard features on all Imprezas include anti-lock braking system (ABS) with electronic brake-force distribution (EBD), front disc and rear drum brakes, driver and front passenger front and side-impact airbags and side curtain airbags, 16-inch steel wheels, power heated mirrors, AM/FM/MP3/WMA audio system with four speakers, air conditioning, cruise control, 60/40 split folding rear seats and cloth upholstery.

The Big Wish Sales Event
Make your wish come true, from only $16,635*.

City Golf
$0 down payment**
$0 security deposit**
$0 first monthly payment**
$750 rebate for recent graduates†
Fuel consumption††
City Golf
L / 100 km (city) 9.8
L / 100 km (highway) 7.0

The joy of German engineering has never been so affordable.

Take advantage of an 8-speaker MP3 stereo with USB port, 4-wheel disc brakes with ABS, dual front impact airbags, and more. The City Golf at this kind of price is a rare event. So don't let one slip through your fingers. This offer ends September 30, 2008. Visit your Volkswagen dealer or vw.ca for more details.

vw.ca

*MSRP of $16,635 for 2008 City Golf with manual transmission. Freight and PDI of $1,335 included. PPSA, license, insurance, registration, dealer charges, options, and applicable taxes are extra. **First monthly payment free up to a maximum of $250 for City Golf / City Jetta, $300 for Rabbit, $400 for New Beetle / Jetta, $800 for Touareg and $500 for all other models (taxes included – no cash value) applied to the lease of new and in stock 2008 models. $0 security deposit offered only on new and in stock 2008 Volkswagen models leased through Volkswagen Finance. Leasing example: MSRP for 2008 City Golf model with manual transmission is $16,635 for a monthly payment of $227 for 48 months based on 3.9% lease APR. Limited time lease offer available through Volkswagen Finance on approved credit. MSRP for 2008 City Golf as shown is $18,671 with Bravo accessory wheels. Freight, PDI and PPSA due at lease inception. $0.12/km over 80,000 km charged at lease end. At participating Volkswagen dealerships only. Offer ends September 30, 2008 and is subject to change or cancellation without notice. Dealer may sell or lease for less. Supplies limited. See dealer for details. †$750 rebate for recent college or university graduates. ††Transport Canada fuel consumption figures are estimates only. Your fuel consumption may vary. "Volkswagen", the Volkswagen logo and "Golf" are registered trademarks of Volkswagen AG. © 2008 Volkswagen Canada.

NEW NISSANS. NEW PRICES.*

MURANO 3.5 S AWD
2009 FROM $37,648**
LE AWD MODEL SHOWN†

ALTIMA COUPE 2.5 S
2009 FROM $25,998**
3.5 SE MODEL SHOWN†

XTERRA S
2009 FROM $32,598**
SE MODEL SHOWN†

ARMADA LE
2009 FROM $53,298**
LE MODEL SHOWN

ALTIMA HYBRID 2.5 S
2009 FROM $32,298**
2.5 S MODEL SHOWN

ROGUE 2.5 S
2009 FROM $23,798**
SL AWD MODEL W/PREMIUM PACKAGE SHOWN†

VERSA HATCHBACK 1.8 S
2009 FROM $13,598**
1.8 SL MODEL SHOWN†

FRONTIER KING CAB XE
2009 FROM $22,598**
PRO-4X KING CAB MODEL SHOWN†

MAXIMA 3.5 SV
2009 FROM $37,900**
3.5 SV MODEL W/SPORT PACKAGE SHOWN†

TITAN KING CAB XE
2009 FROM $31,498**
KING CAB SE 4X2 SWB MODEL SHOWN†

ALTIMA 2.5 S
2009 FROM $22,698**
3.5 SE MODEL SHOWN†

PATHFINDER S
2009 FROM $36,298**
SE MODEL SHOWN†

VISIT YOUR LOCAL NISSAN RETAILER TODAY OR NISSAN.CA FOR DETAILS.

*On all 2009 models. Compared to MSRP for 2008, same model. **MSRP for a 2009 Murano 3.5 S AWD (L6RG19 AA00), CVT transmission/ 2009 Altima Coupe 2.5 S (T2RG59 AA00), manual transmission/ 2009 Xterra S 4x4 (8CLG59 AA00), manual transmission/ 2009 Armada LE-V8 4x4 (7CTG79 AA00), automatic transmission/ 2009 Altima Hybrid 2.5 S (T4HG19 AA00), CVT transmission/ 2009 Rogue 2.5 S FWD (W6RG19 AA00), CVT transmission/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00), manual transmission/ 2009 Frontier King Cab XE 4x2 (2KLG59 AA00), manual transmission/ 2009 Maxima 3.5 SV (U4SG19 AA00), CVT transmission/ 2009 Titan King Cab XE 4x2 (1KAG79 AA00), automatic transmission / 2009 Altima Sedan 2.5 S (T4RG59 AA00), manual transmission/ 2009 Pathfinder S 4x4 (5CRG79 AA00), automatic transmission. †$47,498 MSRP for a 2009 Murano LE AWD (L6SG19 AA00), CVT transmission/ $29,798 MSRP for a 2009 Altima Coupe 3.5 SE (T2SG59 AA00), manual transmission/$36,398 MSRP for a 2009 Xterra SE (8CSG79 AA00), automatic transmission/ $30,698 MSRP for a 2009 Rogue SL AWD model w/Premium Package (Y6SG19 BK00), CVT transmission/ $16,498 MSRP for a 2009 Versa Hatchback 1.8 SL (B5RG59 AA00) manual transmission/ $31,798 MSRP for a 2009 Frontier PRO-4X King Cab (4KVG59 AA00), manual transmission/ $39,950 MSRP for a 2009 Maxima 3.5 SV w/Sport Package (U4SG19 SP00), CVT transmission/ $35,098 MSRP for a 2009 Titan King Cab SE 4x2 SWB (1KCG79 AA00), automatic transmission / $29,498 MSRP for a 2009 Altima Sedan 3.5 SE (T4SG59 AA00), manual transmission/ $40,698 MSRP for a 2009 Pathfinder SE 4x4 (5CSG79 AA00), automatic transmission. Destination and PDE charges ($1,500)/ ($1,400)/ ($1,500)/ ($1,550)/ ($1,400)/ ($1,500)/ ($1,325)/ ($1,440)/ ($1,425)/ ($1,450)/ ($1,400)/ ($1,500), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may sell for less.

How much can YOU save on car insurance?

InsuranceHotline.com

Your Search Engine for the Lowest Insurance Rates

All these people saved big by going online and using InsuranceHotline.com. See how much you can save on car insurance and find your number.

InsuranceHotline.com can help you find the best price by quoting over 30 major insurance companies and arranging them by the 3 lowest rates.

It's fast, safe and FREE.

Annual savings shown based on actual consumer quote data and results on InsuranceHotline.com

RATE COMPARISON

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

Rates between insurance companies can vary by 100's, even 1,000's of dollars for the same car and driver.

Look at this chart.

GET THE 3 LOWEST RATES FROM OVER 30 MAJOR INSURANCE COMPANIES

Go online to InsuranceHotline.com

Mazda creates a big beauty

MICHAEL GOETZ
for Metro Canada

The Mazda CX-9 GT came to class ready for anything we could throw at it. And when it graduated, the crossover vehicle was sporting a very impressive report card.

The CX-9 is Mazda's largest vehicle. Now that minivans aren't cool enough — and many automakers, like Mazda, no longer feel the need to offer one — the seven-seater CX-9 fills the role as the brand's premier people mover.

It's based on the Mazda 6 platform, which has been modified and massaged for its new duty. It shares the 273-hp 3.7-litre V6 doing duty in the Lincoln MKS, and said V6 is hooked up to a six-speed Aisin automatic transmission.

The most inexpensive CX-9 is the FWD GS model, at about $39,995. But ours was the most expensive CX-9 in the catalogue — a fully optioned GT model ($51,710).

GT models start the proceedings at about $46,825; its most notable enhancement over GS models is the lovely 20-inch wheel and tire set. Our baby also got AWD ($2,000), DVD system with Bose 5.1 surround-sound stereo with 11 speakers and wireless headphones ($2,675), and a package that included copious luxury bits, navigation with Bluetooth, and rear-view camera ($1,520).

We won't list the standard safety and convenience features, because, believe us, it's not lacking in any.

Topping our lists of positives is styling. Beauty is always in the eye of the beholder, so go and behold yourself, but we think Mazda did a great job in marrying sporty details — like those lights, wheels and integrated exhaust tips — into a sleek people-mover format.

The look and feel of the inside of the vehicle also garnered its share of raves. The faux wood used throughout the cabin is a dark, heavily lacquered variety, symbolic of a type found in traditional Japanese art work.

However, while touchscreen controls are cool and high tech, most of us would still prefer durable and easy-to-reach controls for items that need frequent adjusting. And while the wrap-around centre console is beautiful to behold, a few of us thought it made the cabin feel less spacious.

Customers more obsessed with chassis dynamics will also be pleasantly surprised. The vehicle performs better than its size and weight would indicate. The CX-9 wouldn't be anyone's first choice for doing a mach schnell around the Nurburgring, but for a big crossover it steers and handles as good as any.

The front seats and driving position were also praised. They are crucial cogs in the CX-9's prowess as a long-haul specialist. Also, the DVD player/babysitter (with wireless headphones) might have a little hand in keeping the stress levels down on long family rides.

Fuel economy is not stellar, but this shouldn't be a big shock as the CX-9 is what it is — a big crossover.

Energuide ratings are: 14.0 L/100 km city, 9.7 L/100 km hwy. And note that you pay a discernable premium for AWD: the FWD CX-9 is rated at 13.2 L/100 km City, 9.0 L/100 km Hwy.

2009 Mazda CX-9

Type: Crossover
Price: $39,995-$46,825
Engine: 3.5 V6
HP: 263

Highlights

- Spacious
- Attractive styling
- Long-haul specialist

Fuel-saving tech comes to Canada

A patented magnetic system that can help you pay less at the pump is finally available in Canada. The Vortex Fuel Saver increases combustion efficiency resulting in fuel savings, reduced emission and extended engine life. Scientific results for the technology have shown increases in mileage by about 15 to 22 per cent and up to 99 per cent reduction in harmful emissions.

The gadget is easily installed in less than 15 minutes without any special tools. It does not require cutting any lines or inserting anything into the engine; it is simply secured to the fuel, air and coolant lines, without any further maintenance and does not affect vehicle warranty.

"I'm very excited our technology will help Canadians save money on gas and reduce harmful emissions," said Adam Fagan, director of Canadian business operations. To learn more about the Vortex Fuel Saver, visit www.vortexfuelsaver.ca

METRO NEWS SERVICES

Beautiful beer
It's time for Munich's Oktoberfest, so get out your beer steins, sausage knives and lederhosen. This is the perfect opportunity to boast a beer belly whilst drinking ice-cold Bavarian beer. Oktoberfest Munich will run from Sept. 20 - Oct. 5. METRO NEWS SERVICES

Travel

Naumi Hotel in Singapore sure knows how to treat a lady. An entire floor of this boutique hotel will be dedicated to women on their business travels and serviced by female staff. METRO WORLD NEWS

TRAVELDESK@METRONEWS.CA

Ljubljana just lovely

TheTravelJunkie

Ljubljana. With some 50,000 university students living in the city, the vibe is abuzz with youth, culture and nightlife. Who knew that the Slovenian capital city I can hardly pronounce would turn out to be one of the hippest spots in Europe.

I ended up in Slovenia, one of the smallest countries in Central Europe, as a result of "Plan B." I was originally supposed to travel to Georgia but, as the conflict with Russia enflamed and the tanks rolled in, I figured it probably wasn't the best time to visit.

Anxious for an alternative place to explore, Slovenia seemed like a good choice. I'd fly from Istanbul direct to Ljubljana, the city with a jumble of consonants in a country I knew very little about.

There's something really nice about Ljubljana. It has that manageable, small city feeling, with all the perks of a big one. From theatre, to art, fine dining restaurants to trendy boutiques, it fulfills all my requirements of "cool." Most importantly, it's a backpacker-friendly location with a well-established tourist infrastructure and lots of English speakers.

The landscape, carved with canals and bicycle paths, reminds me of Amsterdam, minus the tacky souvenirs, sleazy sex shops and legalized pot cafés.

Ljubljana's Old Town is rich with Baroque, Gothic and Art Nouveau architecture. Footpaths lead to historic castles, frescoes decorate cathedrals, bronze dragon statues guard bridges. But beyond the architecture and famous monuments, it's a chill place with tons of outdoor cafés, perfect for people watching. Down a strip of cobblestones, a parade of scenesters saunter past. Women with big scarves smoke skinny cigarettes. Men rock effeminate styles, oversized sunglasses and the occasional Euro mullet.

Though guidebooks say 'your hair doesn't have to be pink to fit in,' I argue that it sure does help.

For the anti-commercial scene, Metelkova is the place to be. An autonomous zone for off-the-wall artistic expression, this outdoor urban space is devoted to counter-culture. Amidst the graffiti walls and squat-like surroundings, there are bars, a few gay clubs, performing art spaces and music venues playing everything from punk to reggae.

The area has an anarchist aura, with anti-police graffiti and rockers in black. Though guidebooks say "your hair doesn't have to be pink to fit in," I argue that it sure does help.

Rastas strum guitars, angst-ridden teenagers mope, pit bulls frolic as their tattooed owners drink absinthe. Meltelkova is a must visit.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

Holiday in Cambodia

48 hours in an ancient empire, tourist boomtown

Got 48 hours to explore the ruins of the ancient Angkor empire? This guide will help visitors make the most of the temples and Siem Reap, the tourist town booming in the shadow of Angkor Wat, a 12th century Hindu-Buddhist temple synonymous with Cambodia visited by more than two million tourists a year.

SATURDAY

7 a.m. — After a quick breakfast, head for the Bayon temple. Its 200 enormous faces smiling down on visitors from stone towers is a must-see.

11 a.m. — Avoid the midday sun with a detour to the National Centre for Khmer Ceramics Revival, where potters recreate ancient Khmer pottery using clay from the nearby hills and fire them in a giant kiln.

12.30 p.m. — Go to Amok Restaurant in Siem Reap for a fish amok, the Khmer curry made by steaming the coconut-based dish in a banana leaf.

1.30 p.m. — Wander around the airconditioned shops selling silks and trinkets. For the colourful cotton "krama" or gingham check scarves worn by Khmer Rouge fighters, head to the Old Market.

3.30 p.m. — For a quick and unusual snack, try the fried crickets and other creepy crawlies sold on the Siem Reap River bridge. For those less adventurous, try Blue Pumpkin's banana ginger tart and iced coffee.

4 p.m. — "Tomb Raider" fans will relish the overgrown jungle setting of Ta Prohm temples with its moss-covered walls.

7 p.m. — Catch the latest archaeology gossip with the French team at the Laundry Bar or with the Japanese at Cafe Moi Moi.

8 p.m. — Dine at Le Malraux, a bistro named after a French explorer in the early 1900s. Confit de canard will help you enjoy the atmosphere of Indochina of bygone years.

10 p.m. — Follow the neon lights and noise emanating from places like the Sok San Palace and Sokha Entertainment Club, and dance, sing and gamble with young Cambodians.

SUNDAY

7.30 a.m. — The Old Market offers interesting Khmer breakfast: rice porridge, duck noodles and sticky rice steamed in banana leaf packets.

8 a.m. — Drive out to Kbal Spean or the Valley of the 1,000 Lingas for a hike to a myriad of stone lingas carved into the riverbed and boulders on the banks.

1.30 p.m. — Have lunch in Siem Reap. The Indian restaurant serves excellent dosas — thin and crispy.

2.30 p.m. — Watch weaving masters at the Institute of Khmer Traditional Textiles spin, dye and weave silk textiles at their workshop on the edge of town. Journey to their farm to see silk worms being raised and natural dyes made from tree bark and leaves.

4 p.m. — Ancient architecture buffs can study the differences between the 9th century Bakong and Preah Ko temples and Angkor Wat, which was built centuries later.

6 p.m. — Let a masseuse knead the knots away and work out the kinks at Chai Massage near the road to Angkor Wat.

7 p.m. — Enjoy one last gin and tonic before the journey home at the Foreign Correspondents Club. It's near the river and the garden is the perfect place for a drink. REUTERS

Discover South India!
16 day tour - $745*
Explore colourful cities, palm-fringed beaches and lush green landscapes. Ask us for details.
*Airfare, transfers and some meals not included. Sunday departures. Plus local fee of approx $370 required. Taxes and surcharges are additional.
THE ADVENTURE TRAVEL COMPANY
815 - 10th Avenue SW
403-262-6632
1-888-238-2887
www.theadventuretravelcompany.com

Earn up to $31.45/hr as a Professional Home Stager.
Enroll now at the Haverhill Institute of Staging and begin an exciting career as a Professional Home Stager.
Haverhill's employer assisted job training program guarantees you full or part-time employment as a Professional Home Stager following graduation.
Starting wage $31.45/hr. Health benefits after 6 months.
Get started today! Call now for more Details:
1.866.927.7782 or visit haverhillstaging.com
* health benefits to full-time employees. Fully Refundable Course Fee Applies.
THE HAVERHILL INSTITUTE OF STAGING & DESIGN

MTV picks up Hills spinoff

A much-talked-about Hills spinoff featuring Whitney Port has been officially picked up by MTV, sources confirm to E! News exclusively. "They will start shooting immediately," says a show source. The series is to start airing in early 2009. **E! NEWS ONLINE**

Entertainment

Keira talks Scott

Keira Knightley is in talks to play the wife of novelist F. Scott Fitzgerald in a new biopic. The film, The Beautiful and the Damned, will look at the relationship between the author and Zelda Sayre. **BBC NEWS ONLINE**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

State of the western

PHILIP BROWN
for Metro Canada

Appaloosa, starring Viggo Mortensen, is riding high-in-the-saddle among critics and western fans.

One of the best westerns to ride onto screens in years, Ed Harris' new film Appaloosa does a surprisingly good job of reviving and updating the genre — but whether it will strike gold with audiences is another story

There was a time when Hollywood produced a saddle-full of westerns, but by the late '60s the genre was pretty much dead.

Directors like Sam Peckinpah (The Wild Bunch) and Sergio Leone (The Good, The Bad, And The Ugly) created revisionist westerns that toyed with the formula and excited new audiences, yet it almost felt as if there was no where left to go in the genre once they were done with it.

There have been numerous attempts to revive the western since then, the most successful being Clint Eastwood's 1992 masterpiece Unforgiven. The film was easily one of the most thought-provoking and interesting examples of the genre, sparking a wave of new westerns in the '90s including Jim Jarmusch's quietly brilliant Dead Man, Sam Raimi's kinetic The Quick And The Dead, and the blockbuster Western Tombstone.

They were all solid films, but none was successful enough to breathe new life into the genre. Since then, there has been a new western every few years, but sadly nothing that generated much commercial interest.

Last year's 3:10 To Yuma proved that westerns could still be bankable, but the success of that movie had more to do with the combined star power of Russell Crowe and Christian Bale than anything else.

The amazing HBO series Deadwood is one of the most remarkable westerns ever created, but despite a cavalcade of awards and critical acclaim it never had much of an audience and was cancelled before reaching the planned concluding fourth season.

Surprisingly, some of the most entertaining westerns to be produced in recent years are wild pop-art experiments to emerge from Asia, including Takashi Miike's Sukiyaki Western Django, and Ji-Woon Kim's upcoming The Good, The Bad, And The Weird.

However, as fun as these movies are, they won't have much impact on this quintessentially American genre. As long as there are filmmakers with a sense of the history of cinema, there will be westerns, but unfortunately it doesn't look like the genre will ever be commercially viable again. The days of John Ford have past and they may never return.

Prism seeks more than nostalgia

SANDY CAETANO
Metro Canada

Prism released new album Big Black Sky earlier this year.

Canadian rock group Prism is back on the music scene with the release of is long-awaited album Big Black Sky.

It's not like they ever really left. The band — Al Harlow (lead guitar and vocals), Gary Grace (drums), Steve-O (Guitars & Keys) and Timothy B. Hewitt (Bass) — have just been spending the past couple of years touring and working on their latest record.

Originally formed in Vancouver back in 1976 Prism has millions of albums and put out classic rock hits like Spaceship Superstar, Armageddon, Take Me Away and of course the ever popular Night to Remember.

Winning awards along the way, including a Juno for Album and Group of the Year, Prism continues to rock with an energy matched only by their exciting showmanship.

Frontman and founding member Harlow tells Metro that being quite thrilled with the condition of the band, how could they not put out another album?

"Prism, it's never been quite nostalgia, it's always been about morphing and growing any way, even in the early days we were always bringing different people up on stage," says Harlow. "Two years ago I said let's get this thing moving, it's time to do an album — someone asked me if we were going to redo the old songs and I said 'No we're not going to do a Monty Python parody of ourselves, this is all about going forward.'"

Though they've been around for years, this album definitely fits with today's modern style of music — it isn't an album just for your dad. Big Black Sky will take its listeners on a journey from start to finish. And with a lead singer like Harlow who feels and acts like a 16-year-old kid putting out his first album, you can definitely expect tons of energy.

"I know Prism is a band with a history but in today's disposable pick a song at a time iTunes world … do people really put the ear buds on and sit back and allow themselves to go through a whole album?" says Harlow. "So we figured let's just take it on, let's make an album that takes you on a whole journey and do the whole thing."

In concert

- Prism plays Harmony Hall in Redcliff on Friday and Average Joe's in Lethbridge on Saturday.

Because my American Express® Card opens doors to everything entertainment.

- Ongoing access* to select concerts, shows and specialty dining events.
- Exclusive access* to online content and sneak peeks.
- Access* to once in a lifetime Cardmember experiences.

americanexpress.ca/myplanet

MORE THAN JUST A CARD™

*Subject to availability. On select events. TM, ®: Used by Amex Bank of Canada under license from American Express. Copyright ©: Amex Bank of Canada, 2008.

Wilson's vampire project

Actor Owen Wilson will feature in and produce Blood Brothers, a comedy centred around the friendship between a man and a vampire. Wilson is reportedly going to be playing the straight man, with his blood-sucking pal yet to be cast. **FEMALEFIRST.CO.UK**

LGBT characters step out of TV closet

TV The number of gay and lesbian TV characters on the broadcast networks will double to an all-time high this season.

There will be 16 regular characters on major-network scripted series this season who are lesbian, gay, bisexual or transgender, according to an annual survey conducted by the Gay & Lesbian Alliance Against Defamation.

That's more than twice as many as last year and the most ever in the 13 years that GLAAD has been doing the study. The figures also reverse a trend toward declining LGBT representation on broadcast television over the past two years. The number of nonrecurring LGBT characters also is rising this year, up from 13 last season to 19.

"This dramatic increase shows how far many networks have come in developing complex, multilayered lesbian, gay, bisexual and transgender characters," GLAAD president Neil Giuliano said. **REUTERS**

One thing is certain: The uncertainty of life

HineSight

Anne Hines

Today, I want to talk about uncertainty. I'm just not entirely sure what to say about it. What started me thinking about this was that this past week I learned of a serious problem inherent in bar stools. My friend, Belle, broke her ankle by falling off one.

Some people might ask, "Was she dancing on the stool at the time?" or "Had she had a few?" Which just goes to show they don't know Belle. Of course she wasn't dancing on the stool. And of course she'd had a few.

One might argue that the fall was not entirely the stool's fault. But the fact is this tragedy could have been averted if the manufacturer had simply affixed a label saying something like, "Wrapping your foot around this stool in a rather fetching, coquettish manner and then forgetting to unwrap it when you stand up may cause injury."

Instead, we all have to live with the knowledge that bar stool-related unpleasantness could happen at any time. I don't like uncertainty. It makes me feel … uncertain. A lot of people share this feeling. That's why we turn to paid experts who can assure us of what the future holds. Depending on what amount we're prepared to spend, these professionals are called either financial advisors or telephone psychics.

I consulted a palm reader once. She charged me $40 and told me I'm destined to spend money foolishly. I left thinking she was right.

We want our world to be predictable and stable. The problem is that a) it isn't and b) well, that's it really. And, it's not just what's around us, it's also what's inside us that can turn on a dime.

A few years ago, I was sitting in a boardroom waiting to start a meeting. A woman walked in I'd never met. I thought, "Oh my God. I'm gay." I'm not the only person to have this happen.

Comedian Rosie O'Donnell reports she was motoring home after getting her driver's licence when she was struck by this same realization. Personally, I'm glad I wasn't operating heavy machinery at the time. Sometimes uncertainty feels like falling off a bar stool and sometimes it feels like falling in love. In any case, no warning label can prepare us for the jolts and joys that lie ahead. Life will surprise us. And that's a good thing.

I'm certain.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Career Finder
To Advertise Call Cherrie Crisostomo at 403-539-4952

CHRISTI

HAVE FUN MAKING MONEY AS AN ACTOR OR MOVIE EXTRA ON CALGARY FILMS
CONTACT STACY(403) 521-0077

Job At Home
$487.68 Weekly.
Mail Work, Assemble Products or Computer Work.
www.TopJobAlberta.com
Or Write to:
CHR Jobs, 372 Rideau St.
#916-MC1
Ottawa ON, K1N 1G7

1.1 million
readers do it daily!
metro
Do it daily.
SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday; BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

metro

Metro Calgary is seeking an aggressive, results-oriented Outside and Inside Advertising Sales Representative to service the Entertainment and Hospitality industry.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. Primary responsibilities will be the Entertainment Vertical.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

Qualified candidates will possess:
- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email
- A self-motivated desire to develop new business
- Some college education of relevant post-secondary training

To Apply:
Cover letter required. Please specifically state the position you are applying for and how your experience, skills/abilities, education and training match this position.

Please send your cover letter and resume by email to:
Steve Shrout, Publisher
steve.shrout@metronews.ca
Subject: Sales Rep at METRO

metro Do it daily. & PARK 2 GO AIRPORT PARKING

WANT TO SEND YOU ON A 4-DAY CRUISE!!

Visit www.metronews.ca to find out how you can win the following GRAND PRIZE:

A 4-NIGHT Carnival CRUISE FOR 2 PEOPLE IN THE MEXICAN BAJA
(AIRFARE, TAXES AND HOTEL NOT INCLUDED)

FREE PARKING AT THE AIRPORT COURTESY OF PARK 2 GO WHILE YOU ARE GONE

Contest closes on October 19, 2008. Must be 21 years of age to enter the contest. Winner must accept prize as awarded and must be eligible to travel outside of Canada. Prize does not include airfare, transfers, taxes or hotel (cruise only). Winner must answer a mathematical skill testing question before prize can be awarded.

Because my American Express® Card gives me access to what the city has to offer.

- Preferred access* to some of the hottest shows.
- VIP parties* at select events.

americanexpress.ca/myplanet

MORE THAN JUST A CARD™

*Subject to availability. On select events. TM, ®: Used by Amex Bank of Canada under license from American Express. Copyright ©: Amex Bank of Canada, 2008.

Leary rips hosts
Actor/comedian Denis Leary, left, has blasted the reality TV hosts of Sunday night's 60th Annual Primetime Emmy Awards because their lack of comic timing "offended" him. "I was offended as a comedian," he said. METRO NEWS SERVICES

LAPD adds personnel

CASTING Tom Everett Scott and Arija Bareikis have joined the cast of NBC's drama pilot LAPD.

In the ensemble cop show, Scott will play Russell, a cop and father of three who's married to a blogger.

On the job, he is partnered with Lydia (Regina King).

Bareikis will play a uniformed patrol cop who shares her teenage son's love of surfing.

Scott

Scott and Bareikis join the previously cast Ben McKenzie, Michael Cudlitz, Michael McGrady, Shawn Hatosy and Kevin Alejandro.

REUTERS

HBO Canada's timing seems iffy

IntelleVision

HBOVER HERE: It seems a day late and a pound short, but the corporate partners behind The Movie Network and Movie Central here in Canada are adding HBO Canada to their cable offerings, a new channel available to anyone already subscribing to the two other channels, and designed to feature the full menu of HBO programming, and not just the shows that have already been offered individually here — hit shows like Sex And The City, Deadwood and The Sopranos, or current ones like Entourage, True Blood, Flight Of The Conchords and In Treatment.

HBO Canada will launch next month, and will round out the network's current shows with HBO programming that only arrives here on DVD or after a long delay on basic cable — the sports events, comedy, documentaries and concerts that were once the network's bread and butter, as well as rebroadcasts from HBO's library, which will probably include miniseries and movies such as Angels In America, From The Earth To The Moon and Oz.

The new channel is not a partnership — HBO does not have any ownership stake in the new channel, according to a press release, but rather Astral Media and Corus Entertainment have expanded their deal with the U.S. network, which will also see more HBO content appearing on their On Demand channels.

This would have been a big, bold move two or three years ago, when HBO's brand was white hot, but right now it looks more like Corus and Astral are doing HBO the favour, and not the other way around.

The U.S. network has had its thunder stolen by its once-marginal competitors since the The Sopranos made its halting march to its finale; that last episode, with its abrupt, ambiguous ending, turned out to be prescient, as HBO's profile seemed to diminish just as sharply, though its reputation lingers in a stubborn half-life.

Acclaimed programming remains on HBO, despite the end of the hit The Sopranos.

HBO did very well at Sunday's Emmys, picking up a bale of awards for shows like Entourage, In Treatment and especially John Adams, but the relevance of those accolades is debatable when the show pulled its lowest ratings ever — just 12.2 million viewers — and drew an avalanche of critical brickbats for its leaden pacing and disastrous hosting gimmick.

Until HBO can hoist its standard on a couple of new flagship shows, its public image will increasingly revert to the dissipated host of offerings it was famous for during most of its early history — the 25-plus years between its low-profile debut in the heyday of network television until those fateful nights when Carrie Bradshaw tripped down a Manhattan sidewalk in her unfeasibly high heels and Tony Soprano padded out to the end of his driveway to pick up his morning paper.

Rick McGinnis writes about music, movies, books and television, but not opera.

	CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/24/08		267	351	- ACCESS	Help TV		America's Next Top Model (N)		Cold Case "Detention"		To Be Announced		Help TV
primetime		243	317	3 CFCN	eTalk	Hollywood	CSI: NY "Veritas" (N)		Dancing With the Stars		Criminal Minds (N)		News (N)
		-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
		-	371	5 KXLY	News	News	Entertainment	The Insider (N)	Dancing With the Stars		David Blaine Dive of Death (HDTV)		
		245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	CBC News: the fifth estate		CBC News: The National		The Hour
		244	338	7 CICT	ET Canada	Entertainment	Crime Stories		Bones (HDTV PA) (N)		NCIS (N)		News Hour
		246	-	8 CKAL	Law & Order: SVU		Hell's Kitchen		Secret Life of American Teen		Lipstick Jungle (N)		Your City
		119	705	9 CBXFT	Virginie (SC)	L'Épicerie	Le Match des étoiles (SC)		Tous Pour Un (HDTV) (SC)		Le Téléjournal (SC)		TJ Alberta
		-	-	10 SHAW	(6) Local Programming						Local Programming		
		-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY
		-	374	14 KSPS	NewsHour With Jim Lehrer		Killer Stress: National		American Masters (N)				Rat Pack-Cool
		502	390	15 CBC	CBC News: The National		Monarchy: The Royal Family		CBC News: The National		CBC News: The National		Newman
		-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Knight Rider (N)		America's Got Talent		Lipstick Jungle
		-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two-Half Men	Bones (HDTV PA) (N)		'Til Death	Do Not Disturb	News (N)
		297	652	37 WPIX	90210 (HDTV)		CW11 News at Ten		Two-Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news		500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
		508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports		400	400	21 TSN	NHL Preseason Hockey		SportsCentre (HDTV) (Live)			Off the Record	The Streak (HDTV) (N)		
		408	418	27 net	(6) Hockey (Live)			Sportsnet Con.	Hockey Central		Sportsnet Connected (Live)		Ult. Fighter
		410	403	30 SCORE	(5) RaceNight		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
		411	457	44 OLN	Ed's Up	Adventures	Word Travels	Globe Guides	Pilot Guides		Don't Forget Your Passport		The Search
		417	406	48 SPEED	Pinks (HDTV)	Pinks Outtakes	Wrecked	Wrecked	Pinks (HDTV)	Pass Time	Am. Thunder	Am. Thunder	Pinks (HDTV)
family		552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj
		557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
		555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)
cable variety		575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Home Improve.	Jason McCoy's Smashtown		Reba	Hope & Faith	Home Improve.
		553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
		-	-	18 CHTV	The Insider (N)	E! News	True Hollywood Story		Knight Rider (N)		Deal or No Deal		News (N)
		505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
		602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Grocery	What You Eat	Supersize vs. Superskinny (N)		Gok's Fashion
		521	560	24 TLC	Jon & Kate	Jon & Kate	My Unique Family		Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Unique Family
		603	561	25 FOOD	Iron Chef America		Jamie's Australian Diary		Challenge		Iron Chef America		Jamie's Diary
		615	520	26 A&E	Bounty Hunter	Bounty Hunter	Criss Angel Mindfreak		Criss Angel	Criss Angel	Bounty Hunter	Bounty Hunter	Bounty Hunter
		617	522	32 SHOW	Wife Swap (N)		Kink in Hair	Kink in Hair	Billable Hours	Billable Hours	Durham County		The Riches
		601	562	33 SLICE	Work Out		Inside Hollywood		X-Weighted		Work Out		Inside Hollywd.
		-	633	34 ENC2	(6:55) *Betrayal of Silence* (1990, Drama)			Players	*Yanks* ★★★ (1979, Romance) Richard Gere, Lisa Eichhorn.				
		520	505	35 DISC	Monster Moves (N)		Mayday		Daily Planet		MythBusters		Cash Cab
		620	523	36 BRAVO	Wingfield	The Letters		The Achievers	Law & Order "Darkness"		Without a Trace		*Frogs-Snakes*
		294	650	40 WPCH	(6) *Blade II* (2002)		Family Guy	Family Guy	Friends	Friends	Seinfeld	*Blade II* (2002, Horror)	
		626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black
		-	539	42 TCM	(6) *All the King's Men*		*The Great McGinty* ★★★ (1940, Comedy)			*The Glass Key* (1942, Crime Drama)			*The Boss* ★★
		628	584	43 SPIKE	UFC Unleashed (N)		The Ultimate Fighter (N)		MANswers (N)	MANswers	CSI: NY "Wasted"		Trek: Voyager
		522	516	45 HIST	Robin Hood-Outlaw Hero		NCIS "Skeletons"		Cities of the Underworld		Robin Hood-Outlaw Hero		NCIS
		627	528	46 SPACE	Battlestar Galactica		Ghost Hunters International (N)		Stargate SG-1 (DVS)		Lost		Deep Space 9
		-	-	47 AMC	(6) *The Karate Kid* ★★ (1984, Action)			*The Karate Kid, Part Two* ★★ (1986, Action) Ralph Macchio.					*The Karate Kid*
		619	525	49 TROP	Reality	Ad Persuasion	Beverly Hills, 90210		Reality	What Happen?	Family Guy	Seinfeld	Seinfeld
		600	564	50 HGTV	Property Virgin	Unsellable	Flipping Out		Holmes-Homes	Holmes-Homes	Property Shop	Big City Broker	Property Virgin
		501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
		504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
		526	507	92 CLT	(6) *The Waiting Game*		Mysterious Ways		Judging Amy		America in the Fifties		*Waiting Game*
		269	350	93 APTN	News		Canadian Geographic		Reel Insights Houston.		The Journey Richard Peter.		Tribal Treks
		-	-	94 MCP	(6:30) News	News	Matchmaker	Daughters-Law	Van. Nights	Iranian Pop	Sabor Latino		Hola Que Tal
		571	581	100 MMM	Listed "20 Dirty Ditties"		Brooke Knows	Revival	Party of Five		Brooke Knows	Revival	Party of Five
		570	580	101 MM	PunchMuch		MTV's Top Pop Group Ashanti.			Technical Diff.	Punk'd	MTV's Top Pop Group Ashanti.	
		581	566	102 MTV	Paris Casting Special		Real World-Road Rules		MTV Live	After	From G's to Gents		Real World-Rd

critics' corner

Lewis Black's Root of All Evil
Disco and the Dead or Madonna and mall pop? Bubble gum or boy bands? Hippie hair or big hair? It's the battle of the generations in this new episode as Paul F. Tompkins and Andy Daly debate whether the baby boom generation or Gen X is the root of all evil. Both are Gen Xers — Tompkins was born in 1968 and Daly in 1971 — but it will be boomer Lewis Black, a 1948 baby, who casts the deciding vote. 11 PM on COM

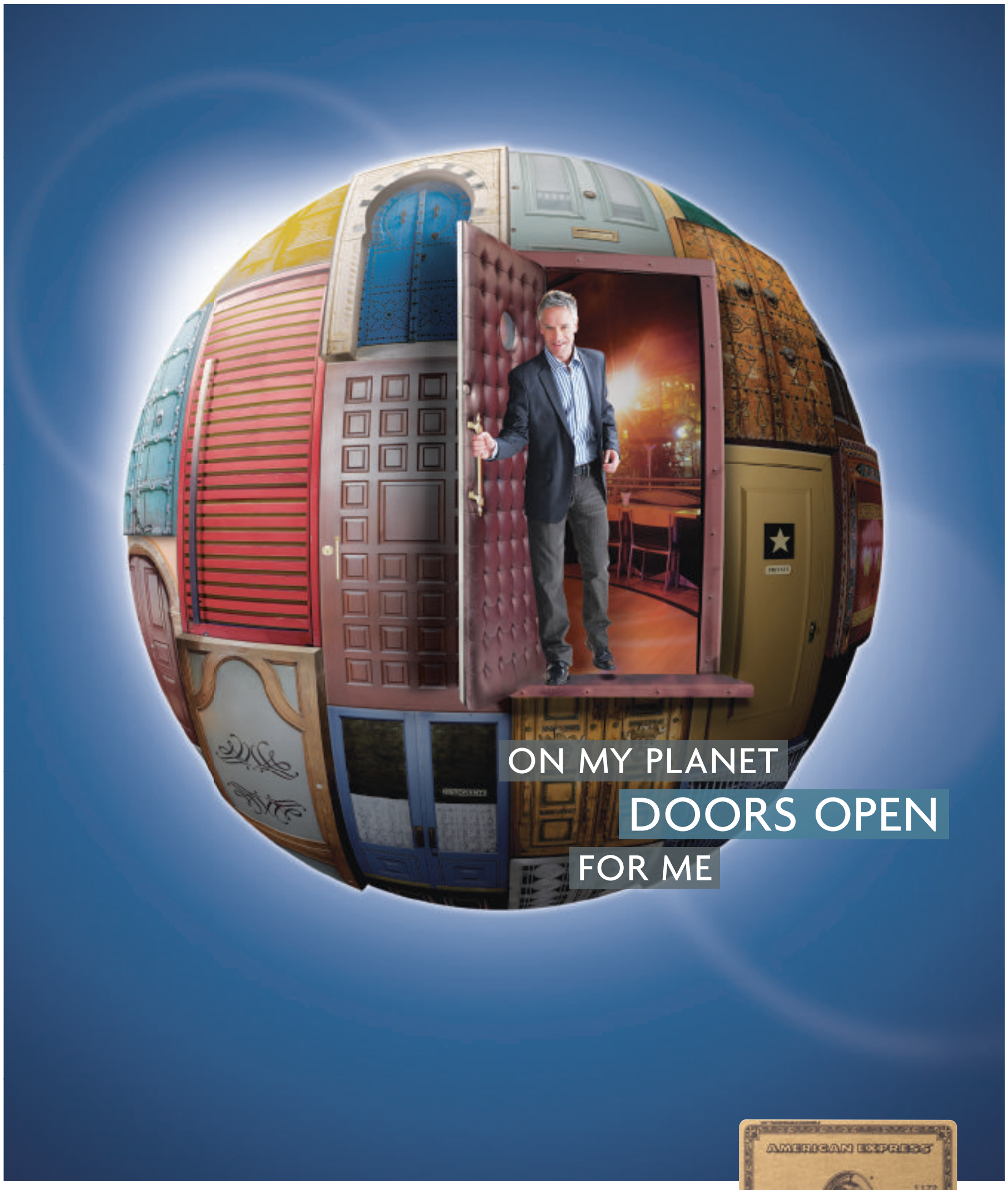
Gary Unmarried
It's sort of like "The New Adventures of Old Christine" ... if Christine were a guy and a little luckier in love. Jay Mohr ("Ghost Whisperer") has the title role in this new sitcom: a newly divorced dad dealing with kid custody issues, his ex-wife's (Paula Marshall) impending wedding and his own love life. Yes, he's got himself a girlfriend: the lovely Vanessa (Jaime King) whom he met on the job. Ed Begley Jr. and Ryan Malgarini also star. 9:30 PM on KREM

Earn up to $31.45/hr as a Professional Home Stager.

Call now for more details:
1.866.927.7782
or visit haverhillstaging.com

Fully Refundable Course Fee Applies.

HAVERHILL INSTITUTE OF STAGING & DESIGN



Because my American Express® Card gives me access to what the city has to offer.

I want to be part of it all. Concerts, restaurants, shows. I don't want barriers, just entrances. That's why I need more than just a card.

- Preferred ticket access* to select concerts and shows.
- Advance reservations* to select specialty dining events.

americanexpress.ca/myplanet

MORE THAN JUST A CARD™

* Subject to availability. On select events. TM, ®: Used by Amex Bank of Canada under license from American Express. Copyright ©: Amex Bank of Canada, 2008.

Jonny Lee, wife expecting first child
Jonny Lee Miller of TV's Eli Stone and his wife, Michele Hicks, are expecting their first child, according to the actor's rep. The couple wed earlier this year. **PEOPLE.COM**

Celebrity Buzz

Renée talks about breast cancer scare

HEALTH Renée Zellweger has opened up about her breast cancer scare, which threatened to halt her career after the success of Jerry Maguire, imdb.com reports.

The actress reveals she found two small masses in her right breast during a self examination in 1996 and decided to get them checked out.

Zellweger, who lost her grandmother to cancer in 1969, recalls, "I thought, 'Oh, I know what you do now. You find out what that is.' So I went and found out."

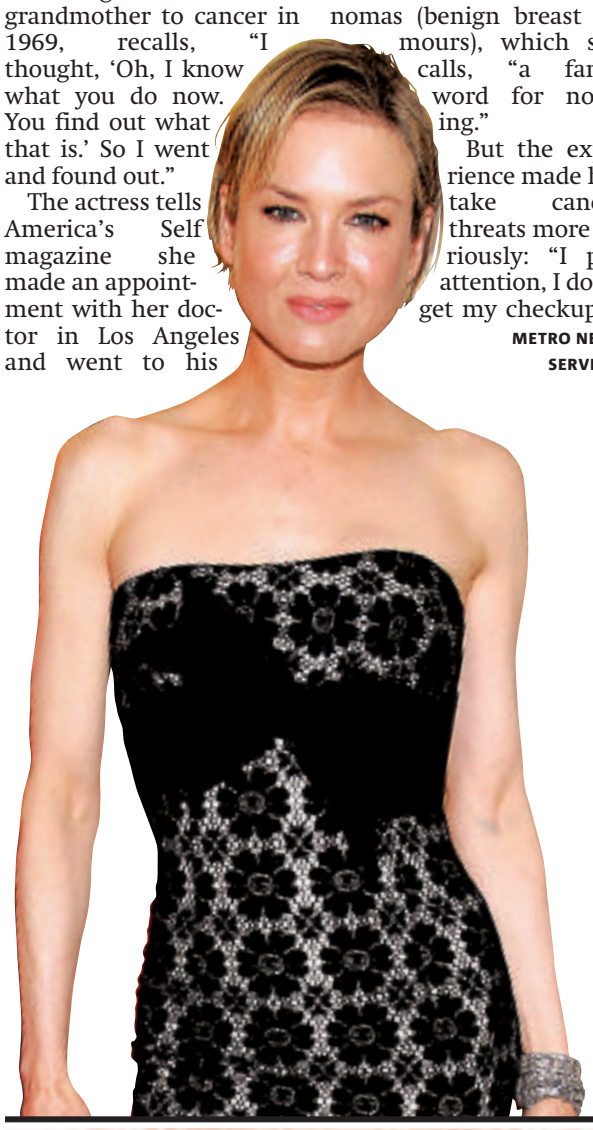
The actress tells America's Self magazine she made an appointment with her doctor in Los Angeles and went to his clinic with a no-nonsense attitude.

"I was like, 'Let's just have it over with. Get in there, stab away, get your little crunchy bit or whatever you're looking for, put it in the mail and we'll call it a day,'" she adds. "Then I had a weird couple of days waiting for the phone call."

Zellweger eventually discovered she had fibroadenomas (benign breast tumours), which she calls, "a fancy word for nothing."

But the experience made her take cancer threats more seriously: "I pay attention, I do go get my checkups."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Spears pics probe

PRIVACY Police in Louisiana are hunting a store worker who has allegedly tried to sell private photographs from the Spears family album, femalefirst.co.uk reports.

Snaps of new mom Jamie Lynn Spears breast feeding her three-month-old daughter Maddie have been offered to the media.

The collection of photographs also includes pop star older sister Britney holding her niece alongside her parents around Jamie Lynn's hospital bed shortly after the teenager gave birth.

Reports claim the photographs were taken on Jamie Lynn's boyfriend Casey Aldridge's camera before he took the camera card to a local store, but extra copies were made by a male employee.

METRO NEWS SERVICES

celebrity brief

Jodie filming reality show

CAREER Jodie Sweetin is taking the "rock 'n' roll" approach to getting back on the small screen, People.com reports.

"My husband and I are now shooting our reality show, which is going to be really fun," Sweetin said. "It's following us and our new baby."

Explained the former Full House star, "Kind of like a Tori & Dean vibe, but we're a little more rock and roll. We're a little edgier," with a laugh.

METRO NEWS SERVICES

celebrity brief

Gwyneth starts lifestyle site

ONLINE Academy Award winning actress Gwyneth Paltrow has launched her own lifestyle website, Goop by Gwyneth Paltrow, usmagazine.com reports.

Each of the sections, which include "Make," "Go," "Get," "Do," "Be," and "See," feature an essay written by Paltrow.

"My life is good because I am not passive about it," Paltrow writes.

METRO NEWS SERVICES

DeAnna wedding plans

COUPLE When it comes to weddings, The Bachelorette's engaged couple DeAnna Pappas and Jesse Csincsak are thinking small, People.com reports.

"We've gone from about 400 people, and we're breaking it down," DeAnna Pappas told PEOPLE at Saturday's L.A. Confidential pre-Emmy party in Hollywood.

METRO NEWS SERVICES

Evacuation irks bare-faced Pam

PEOPLE Pamela Anderson was "mortified" when she had to evacuate a hotel without any makeup on, femalefirst.co.uk reports.

The former Baywatch actress was forced to leave her five-star Paris hotel looking less than glamorous at 9 a.m. after firefighters were called to deal with a suspected gas leak.

Anderson was so distraught at the prospect of being seen with a natural face she reportedly even asked firefighters to help her leave through a secluded entrance, but her request was denied.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So Louisiana police are hot on the trail of a store worker for allegedly trying to sell photographs of **Jamie Lynn Spears** breastfeeding her baby. Isn't it sort of understood that one of the fringe benefits of working in a photo booth at Wal-Mart, besides being able to wallpaper your bedroom with pictures of every attractive woman in your hometown, is the opportunity of selling to the highest bidder copies of the private pictures belonging to any celebrity too cheap to have an ink-jet printer at home?

People really ought to go to jail over this one, especially the guy who stole the photos, the person who buys them, and anyone who actually cares about Jamie Lynn Spears and **Casey Aldridge**.

It's pretty sleazy, and probably illegal in most states, to look at photos of a 17-year-old girl breastfeeding her child, but I doubt I'm the only one who's wondering whether Jamie Lynn squirts milk or Mountain Dew.

Of course the real danger here is that if these pictures get out, it will spoil the surprise of seeing them for the first time in The Family Spears' Season's Greetings Togetherness Christmas Calendar, sure to be a hot seller later this year.

NEWSDESK@METRONEWS.CA

Earn up to $31.45/hr as a Professional Home Stager.
Enroll now at the Haverhill Institute of Staging and begin an exciting career as a Professional Home Stager.
Haverhill's employer assisted job training program guarantees you full or part-time employment as a Professional Home Stager following graduation.
Starting wage $31.45/hr. Health benefits after 6 months.
Get started today! Call now for more Details:
1.866.927.7782 or visit haverhillstaging.com
* health benefits to full-time employees. Fully Refundable Course Fee Applies.
HAVERHILL HOME STAGING
THE HAVERHILL INSTITUTE OF STAGING & DESIGN

The Weather Network
©The Weather Network 2008

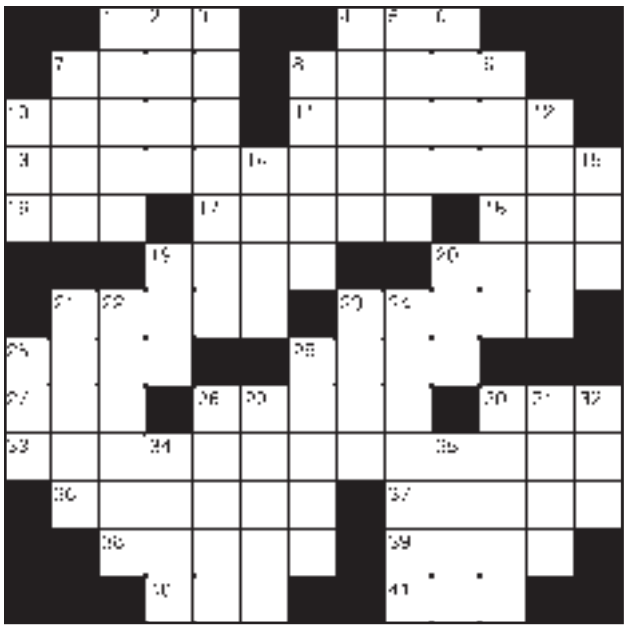
Today
Variable
13° / 0°

Thursday
Mainly sunny
13° / -2°

Friday
Variable
12° / 0°

The Weather Network
WarningsDirect Stay Alert! Stay Alive!
Be alerted of Severe Weather on your cell phone before it happens.
To sign up text cityname warn* to 88896 (MyTWN)
*Eg. Ottawa Warn $3.00 monthly charge applies.
Based on weather warnings by Environment Canada.

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2							7
			4	9	6			2
6					2	8	3	
	4				7			
		6				1		
			2				5	
	5	2	7					1
4			8	6	1			
3							9	

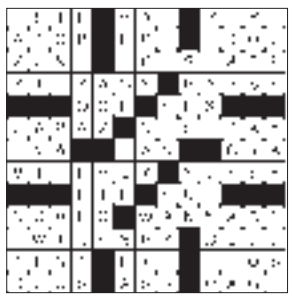
Crossword across

1 Young bloke
4 Lavatory sign
7 Go sightseeing
8 Fills the cargo hold
10 Cognizant
11 One
1 3Joseph, Kevin and Nicholas
16 Donkey
17 Prognosticators
18 Dead heat
19 One of the 4-H Club's H's
20 Citi Field forerunner
21 Disdain
23 Bowlers' milieu
25 Son of Odin
26 Poultry
27 Mess up
28 Where to find Augusta
30 Greek cross
33 Dianne, Peggy, Kathy and Janet
36 Affluence
37 Speechify
38 "The best-laid schemes o' mice an' men gang aft —"
39 Church service
40 Method (Abbr.)
41 CBS logo

Crossword down

1 Bank transactions
2 Emanation
3 Bureau
4 Estate house
5 Tends texts
6 Benelux nation (Abbr.)
7 Pairs
8 Enticed
9 Boil slowly
10 "Mirrors" director Alexandre
12 Desiccates
14 Noggin
15 Red or Black
19 Perp. to vert.
20 Mr. Bill's home, briefly
21 Termagant
22 Part of 41-Across
23 Actress Anderson
24 "Radical, dude!"
25 Aviv lead-in
26 Arousing suspicion
28 Pitcher for the Yankees?
29 Initial stakes
30 Rib
31 Crafts' mates
32 Work with
34 Kvetches
35 Salver

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	6	5	4	1	3	8	9
5	8	4	3	9	6	7	1	2
3	1	9	7	8	2	4	6	5
8	3	5	6	2	4	1	9	7
2	4	1	9	7	8	5	3	6
9	6	7	1	5	3	8	2	4
1	7	2	8	6	5	9	4	3
6	9	3	4	1	7	2	5	8
4	5	8	2	3	9	6	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Barbecued Shrimp with Mustard Dipping Sauce

Treat yourself to skewers of juicy shrimp in an exotically spiced marinade.

INGREDIENTS:
3 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
2 teaspoons ground coriander
2 teaspoons ground cumin
1/2 teaspoon pepper
24 large raw shrimp, peeled and deveined

METHOD:
1. To make the mustard dipping sauce, stir together the mustard, lemon juice, 1/2 teaspoon coriander, 1/2 teaspoon cumin and 1/4 teaspoon pepper in a small bowl. Set aside.

2. Combine the remaining 1-1/2 teaspoons coriander, 1-1/2 teaspoons cumin and 1/4 teaspoon pepper in a large bowl. Add the shrimp, tossing to coat.

3. Preheat the barbecue. Thread the shrimp onto four long skewers. Place the shrimp on the barbecue and cook until opaque throughout, about 1 minute per side. Serve at room temperature or chilled, with the mustard dipping sauce.

Nutrients per serving: calories 111, carbohydrate 1g, protein 23g, total fat 2g (saturated fat 0.3g)

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
There'll be encounters with a special person. A sweet girl is too unstable to support you. There's a need for privacy for a mature friend.

TAURUS
APRIL 21-MAY 21
Preoccupation with other people's intentions develops. Refuse to interfere between relatives. A buddy reveals a different approach.

GEMINI
MAY 22-JUNE 21
An older friend feels touchier than usual. A minor mishap works out for a manipulator. A brand new toy brings joy to a woman.

CANCER
JUNE 22-JULY 22
A burden will be lifted when someone demands submission. You'll create some confusion. Anguish about family obligations will ease.

LEO
JULY 23-AUG 23
A biased person is forced to give you a call. Don't do anything about spiteful gossip. A financial hardship is temporary.

VIRGO
AUG 24-SEPT 22
Don't try to rush anything. Take advantage of feeling balanced. Watch carefully for signs of disgruntlement.

LIBRA
SEPT 23-OCT 23
Security comes up in an emotional debate. Desperate times call for extreme methods. A chatty co-worker has overindulged in caffeine.

SCORPIO
OCT 24-NOV 22
Something you were told is not really true. Someone is leaving you to do the dirty work. A death creates delay and confusion.

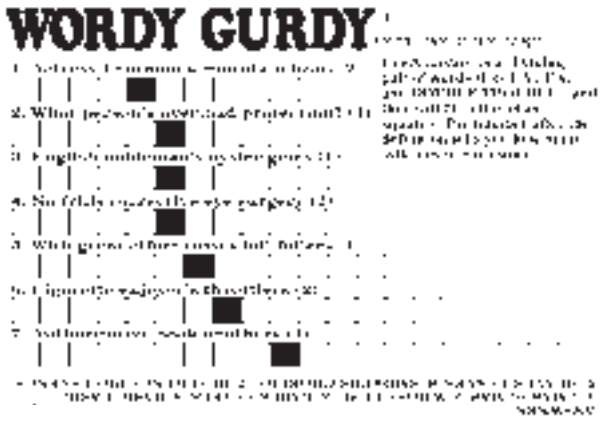
SAGITTARIUS
NOV 23-DEC 21
Overcome obstacles by asserting your personality. Don't get miffed with a parent. You'll experience good results with unusual associations.

CAPRICORN
DEC 22-JAN 20
Responsibility weighs heavily on your mind. A surreptitious conversation takes place. Sensitivity to another person's insincerity is disclosed.

AQUARIUS
JAN 21-FEB 18
There's a happy surprise at a dull social event. Be aware of a romantic newcomer. An absent person is meeting with an older man.

PISCES
FEB 19-MARCH 20
Your impulses are challenged by someone. Listen in on a chat to be entertained. A savage beast helps you get through the day.

WORDY GURDY



This day in history

SEPT. 24, 1789: The office of the Attorney General of the United States of America, and the United States Post Office Department are established.
SEPT. 24, 1869: Black Friday: Gold prices plummet after Ulysses S. Grant orders the Treasury to sell large quantities of gold after Jay Gould and James Fisk plot to control the market.
SEPT. 24, 1890: The Church of Jesus Christ of Latter-day Saints officially renounces polygamy.
SEPT. 24, 1948: The Honda Motor Company is founded.
SEPT. 24, 1957: Camp Nou, the largest stadium in Europe, is opened in Barcelona.

METRO NEWS SERVICES

Pay with your

and we'll match your savings up to

.

Enrol in the new *Bank The Rest*™ savings program and save up to $100 more†.

With *Bank The Rest,* every time you pay with your Scotiabank debit card, your purchases are rounded up and the difference is transferred into a savings account. And when you open a ***Scotia One***™ account before November 2, 2008 and enrol in the *Bank The Rest* savings program, we'll match what you save up to $100. So when you spend, you save. And you save some more.

banktherest.com

You're richer than you think.®

Scotiabank®

™ Trademarks of The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia. † To be eligible for the up to $100 match up offer you must be a Canadian resident aged 19 or older, open a new *Scotia One*™ account between September 15, 2008 and November 2, 2008 and be enrolled in the *Bank The Rest* savings™ program including a *Money Master*® Savings Account. To receive the match up bonus you must maintain the *Scotia One* account, *Money Master* account and be enrolled in *Bank The Rest* until April 30, 2009. The match up bonus will be deposited to the *Money Master* account on May 15, 2009. Only one matching bonus will be credited for an eligible *Scotia One* account, regardless of whether the account is held by more than one person. This offer cannot be combined with any other offer and is not available for *Scotia One* accounts with a fee waiver. Scotiabank reserves the right to extend, cancel or withdraw this offer at any time without notice. Full terms and conditions are available at your branch or at banktherest.com
Bank note images used and altered with permission of the © Bank of Canada.